



PAN AM ATTIRE

CANADA DRESSING FOR SUCCESS

metroLIFE



Halifax's
New
Music Mix



Halifax metro



CHANTAL HEBERT
ALBERTA'S
WILD ELECTION
IN METROVIEWS



Your essential daily news | THURSDAY, APRIL 30, 2015

High 6°C/Low 2°C Showers



‘There is nothing
anyone can say
or do to take
this unbearable
pain away.’

Miriam Saunders, Loretta Saunders' mother

SENTENCE DELIVERED metroNEWS



Actor, portrayals.

“I want to help others in their time of need.”

Train to become a Counsellor in 14 months.

Prepare you to work as a counsellor in addictions, mental health, victims of abuse, at-risk youth and many more.

Our Counselling Skills Program is proudly accredited by:



Success College
Get Ready.

Call or click today.

successcollege.ca 902.865.8283



Bikini top
\$5.99

H&M



Will spring ever get here? Cool temperatures defy calendar

WEATHER

Mercury still 2.5 C to 3 C below normal



Ruth Davenport
Metro | Halifax

The winter that buried Halifax under record-breaking amounts of snow and made a political issue out of snow removal is refusing to simply collect its bag of whimpering souls and leave.

The last week of April brought temperatures just above the freezing mark, well below the normal daytime high of about 12 C, but a senior meteorologist with Environment Canada says that much like the two months before, April has been much colder and snowier than usual.

"On average, we've been about 2.5 to three degrees below normal," said Tracey Talbot Wednesday. "It doesn't sound like a lot at first, but that's high and low temperatures, everything has been shifted slightly lower."

The normal average temperature range for April in Halifax is between 1 and 9 C, and although there were intermittent bright sunny



Wim Waltman walks his three golden retrievers Baxter, Daisy and Jackson along the waterfront at Point Pleasant Park on Wednesday. In the short term, meteorologist Tracey Talbot said the unseasonably chilly weather will stick around until the weekend when more spring-like conditions could make an appearance. JEFF HARPER/METRO

days when it was possible to believe in a world with patios and beer, the dominant conditions were wet, cloudy, and thoroughly demoralizing.

However, Talbot said the total precipitation amount — which accounts for both rain and snow — was down

slightly, sitting at roughly 90 per cent of normal.

"This kind of weather, the drizzle, doesn't accumulate very much," she said, noting that rainfall amounts were lower than normal while snow accumulations were above normal.

In the short term, Talbot said the unseasonably chilly weather will stick around until the weekend when more spring-like conditions could, maybe, possibly, hopefully make an appearance.

"We seem to be sitting in a position of a weather pat-

tern that's been bringing us northeasterlies, which is a cooler air mass," she said. "We won't see the difference in the temperature until ... early next week, we'll hopefully see temperatures that will start to creep up toward at least the normal range.

+ GARDENING

Slow start to spring means stagnant business for garden companies

Spring may feel like a long time coming, but one Halifax garden centre is holding on to hope.

"We're still hopeful, as cranky as everyone in the Maritimes is because of this weather," said Emily Tregunno.

Tregunno is in charge of marketing with Halifax Seed. She said business has been very slow.

"It's an extremely late spring," said Tregunno. "One of the latest we've seen."

In fact, they're about three weeks behind.

Tregunno said this will result in a "condensed gardening season."

"There will be more to do once it really warms up," she said.

RUTH DAVENPORT/METRO

They will be welcomed, for sure."

In the long-term, Environment Canada is predicting normal temperatures and normal or slightly above normal precipitation in Nova Scotia for the next three months.

Women's Employment Outreach

Celebrating 35 Years of Providing Exceptional Service to Women

Through individual counselling and employment related workshops, we help women in HRM to research & discover new career paths; prepare for employment; and search for jobs. **ALL SERVICES ARE FREE!**



Funded through the Canada-Nova Scotia Labour Market Development Agreement under the direction of Employment Nova Scotia, and sponsored by Women's Employment and Advocacy Society



Offering Workshops in:

- Addressing Bullying in the Workplace
- Career Decision Making
- Confidence Building
- Essential Skills for Today's Workplace
- Job Search Working Sessions
- Job Search Over 45
- Personality Dimensions
- Portfolio Development
- Racially Visible Women in the Workplace: Body, Mind & Spirit

For more information or to book an appointment contact 902-422-8023



Victoria Henneberry, left, and Blake Leggette arrive at Halifax Provincial Court in 2014. Inset: Loretta Saunders. JEFF HARPER/METRO; INSET: FACEBOOK

Saunders killing 'despicable'

MURDER TRIAL

Two get life in prison, but different parole eligibility



Haley Ryan
Metro | Halifax

The two people convicted of killing Loretta Saunders have been sentenced to life in prison for a crime the judge called "cowardly and pointless."

Blake Leggette and Victoria Henneberry stood in Nova Scotia Supreme Court on Wednesday to receive their automatic life sentences for pleading guilty in Saunders' death.

Leggette received the automatic 25 years before being eligible for parole for first-degree murder, while Henneberry, guilty of second-degree murder, was handed 10 years in prison before she could be eligible for parole.

"Loretta Saunders had a bright and hopeful future ahead of her," Justice Josh Arnold told

a packed court of Saunders' family, friends and supporters.

"This was despicable, horrifying, cowardly and pointless."

That morning, Crown prosecutor Christine Driscoll read the agreed statement of facts that detailed how Leggette killed Saunders by suffocating her, at which sobs could be heard from the front row where Saunders' parents sat.

Driscoll put forward a joint recommendation between the Crown and defence of 10 years before Henneberry could be eligible for parole, which the judge later accepted.

The court proceedings were often emotional for Saunders' parents, Miriam and Clayton Saunders, who had their arms around one another, and for other siblings and family members who were often heard crying and left court.

Both Henneberry and Leggette apologized to the family in court, Leggette saying they are always in his prayers.

"I am sorry I stole Loretta from you," he said, his voice steady.

Over a dozen victim-impact statements were read in court,



I am so sorry and feel incredibly terrible for the pain and loss that I've caused.

Victoria Henneberry



There's no remorse, they're only scared of where they're going.

Miriam Saunders

with Miriam struggling through her tears to talk about her pain and the daughter she lost, while also reading her husband's and other family member's statements when they were overwhelmed.

"There is nothing anyone can say or do to take this unbearable pain away," Miriam read.

Delilah Saunders, Loretta's sister, glared at Henneberry and Leggette as she sat to deliver her statement, before launching out of the chair and running across the court and out the door, screaming at the two convicted murderers.

"Do you know what you've done?" Delilah yelled, her voice breaking. "You stole my sister." Justice Arnold outlined in-

formation from the defence on Leggette and Henneberry's lives, which said they had both suffered sexual and mental abuse from a young age, Leggette spending time in foster care or with his father in Europe when he turned 15 and worked manual labour jobs.

Henneberry, also in foster care, developed substance abuse issues, the judge said. Information from her psychological assessment showed evidence of a "borderline personality disorder" and anti-social disorder, he said.

Arnold cited writings Leggette made in prison for a potential book, where he described how he enjoyed killing Saunders and could again.

+ BACKGROUND

Loretta Saunders' body was found in a hockey bag on the side of the Trans-Canada Highway near Salisbury, N.B., about two weeks after she was reported missing.

Two statements of fact submitted to the court say Leggette and Henneberry were having financial difficulties soon after they moved into a sublet room in Saunders' apartment, which they found in a Kijiji ad in January 2014.

On Feb. 13, 2014, Saunders went to collect rent from them but they didn't have the money, and Henneberry lied when she said she had lost

her bank card and needed to contact her bank, according to one of the statements.

Leggette grabbed Saunders by the throat and choked her, but she fought back, managing to tear through three plastic bags he pulled over her head. Leggette and Saunders fell down, he twice hit her head on the floor and she stopped moving.

Five days later, Leggette and Henneberry were arrested in Harrow, Ont., while driving Saunders' car. They also had the woman's phone, bank card and identification.

THE CANADIAN PRESS

"It doesn't bother me. I think I wanted to do it, as much as Victoria wanted me to," the judge quoted.

Clayton Saunders, Loretta's father, spoke with tears in his eyes to reporters after the sentencing about how 10 years of parole ineligibility for Henneberry doesn't seem like enough

and he would like to see "the death penalty come in."

"They haven't got a right to breathe the air what we breathe because they took the life of my daughter and my grandchild," he said.

"They murdered her without mercy, and I think we should have no mercy on them."

Family of victim shares grief and loss in impact statements



Haley Ryan
Metro | Halifax

More than 12 victim impact statements were read in Nova Scotia Supreme Court in Halifax on Wednesday, as the family of Loretta Saunders had the chance to have their voices heard by Justice Josh Arnold, the convicted killers Blake Leggette and Victoria Henneberry, and the public.

Here's a sampling of those statements.

“

Even the simplest act of grocery shopping requires effort. It has been months since I've gone to a grocery store. My last visit, I found myself blankly staring at Saran wrap. I was frozen.

Lisa Grace White, cousin

“

From that day on nothing has been the same and never will be. My pain is something I cannot explain ... it's like some kind of monster is tearing my whole body and my heart. There was no reason for her young life to be taken.

Miriam Saunders, mother

“

I think of the terror, panic, fear and the pain she must have went through, the cries for help that were unanswered. She was all alone. Those are the worst nights. When I get out of bed in the morning I feel more tired than when I went to bed.

Gail Pilgrim, aunt



Clayton and Miriam Saunders, parents of Loretta Saunders, react to the sentencing of Blake Leggette and Victoria Henneberry at Nova Scotia Supreme Court on Wednesday. JEFF HARPER/METRO

“

We cannot forget the women and girls Loretta fought so passionately for. There are women who do not receive justice, and families who do not receive answers.

Delilah Saunders, sister

“

They killed our chances of being proud to have a Labradorian as a professional lawyer, a chance that is so rare in our little province and even more rare being that she was an indigenous woman.

Melissa Newman, cousin

BOUND TO GO QUICK.

THE MINI 3 DOOR. STARTING FROM \$30,990*

MONTHLY PAYMENT

\$289**

\$1000 DOWN PAYMENT

LEASE RATE

2.9%**

48 MONTHS

SCHEDULED MAINTENANCE IS ON US FOR 3 YEARS / 50,000KM WHICH INCLUDES:††

- FREE BRAKE FLUID CHANGES
- FREE ENGINE OIL CHANGES
- FREE MICRO FILTER REPLACEMENTS



OFFER ENDS APRIL 30, 2015.

BUY ANY CAR & YOU COULD WIN \$100,000

MINI HALIFAX
3240 Kempl Road
Halifax, Nova Scotia B3K 4X1
902-454-8000
www.minihalifax.ca



*Vehicle not exactly as shown. Features and equipment may vary in Canada. Model shown is a 2015 MINI Cooper 3 door with 6-speed manual transmission. **Starting price of \$30,990 is based on a 2015 MINI Cooper 3 door with 6-speed manual transmission, freight & p.d. (\$1000), ac tax (\$100), locking wheel nuts (\$100), administration fee (\$395) and tire levy (\$10) is extra. Taxes are not included. ††Lease rates are those offered by MINI Financial Services Canada only on approved credit. Lease example based on MSRP of a base model 2015 MINI Cooper 3 door with 6-speed manual transmission of \$30,990 + freight & p.d. (\$1000), ac tax (\$100), locking wheel nuts (\$100), administration fee (\$395) and tire levy (\$10) at 2.9% APR for 48 months. Monthly lease payment is \$289 + PST with \$1000 + HST down payment. \$1,950 is due on delivery and includes down payment, first month's lease payment, security deposit equivalent for one month's payment, tire levy and PSTA (\$84.72). Licensing, registration and applicable taxes are extra and due on signing. The residual value of the vehicle at end of term is \$10,495. Annual kilometres limited to 16,000. \$0.15 per excess kilometre. Excess wear and tear charges may apply. Offer only applicable to vehicles in stock at MINI Halifax. Offer expires April 30, 2015. Delivery must be taken by April 30, 2015. Offer is subject to availability and may be cancelled or changed without notice. Certain conditions apply. Contact your local MINI Retailer for full details. †† 2015 model year MINI vehicles purchased from an authorized MINI Retailer in Canada are covered by a No-Charge Scheduled Maintenance Plan for three years or 50,000 km, whichever comes first. © 2015 MINI Canada. "MINI", the MINI logo, MINI model designations and all other MINI related marks, images and symbols are the exclusive properties and/or trademarks of BMW AG, used under license.

SAFETY

Company charged in worker's death

A Halifax company is now facing formal charges over the death of a worker who fell off a building nearly two years ago.

Shaun McInnis fell from the roof of a four-storey complex in Clayton Park on May 9, 2013. Paramedics rushed him to the hospital, where he was pronounced dead.

The Department of Labour and Advanced Education stopped work at the site and launched an investigation.

According to a release from the province Wednesday, Truss Worthy Framing and Renovations Ltd. now faces eight charges under the Occupational Health and Safety Act.

The charges include failure to



Investigators at the scene of an accident in 2013. METRO FILE

ensure employees are wearing or using fall protection equipment, and having a lack of a fall arrest system in place when working at a height above three metres.

Arrestment is set for June 2. METRO

IN BRIEF

Police ask public for tips in unsolved 2011 death

Four years after the murder of Angela Patricia Hall in Dartmouth, Halifax police continue their investigation and are urging anyone with information to come forward. "Small information can make a huge difference in any unsolved investigation," said Halifax Regional Police Const. Pierre Bourdages.

On April 29, 2011, police responded to a building on Primrose Street after a call about an injured person, and officers found Hall in the hallway. She was taken to a hospital, where she died a short time later.

Police ask for information on the anniversary of on-going cases for the first five

years, then every five years after that, said Bourdages.

Anyone with information is asked to contact police or Crime Stoppers.

JULIA MANOUKIAN/FOR METRO

Student sent to hospital after high-school stabbing

Police report that an 18-year-old student was sent to hospital after a stabbing at Millwood High School.

RCMP in Halifax say a call came in from the school at 3:30 p.m. Wednesday, with the victim found in a parking lot. They say a staff member found the student suffering from non-life-threatening stab wounds.

The victim was taken to hospital and police are investigating. METRO

Former MLA guilty of drinking and driving

COURT

Trevor Zinck respects judge's verdict, says he is moving on

A former Nova Scotia politician who testified in his defence that he drank half a dozen beers before getting behind the wheel of a car was found guilty Wednesday of driving over the legal limit.

At his trial, Trevor Zinck disputed testimony from several witnesses, including a bowling alley employee who said the former provincial member and another man consumed 26 beers in total on Oct. 2, 2013.

Zinck told provincial court that he and a friend each drank about six beers at Beazley Bowling Lanes in Dartmouth over a five-hour period before they left in his car to go to his apartment to continue drinking.

He said he initially got in the driver's seat and began driving, but he quickly switched places and allowed his friend to take the wheel.

The Crown argued that was sufficient on its own to convict him if the judge accepted his version of events and the two positive breathalyzer tests.

Judge Frank Hoskins did not believe Zinck.

"I conclude that Mr. Zinck's evidence should be rejected almost in its entirety," Hoskins said. "He embellished his evi-



Former Dartmouth North MLA Trevor Zinck was accused of sharing 26 beers with another man in 2013 before getting behind the wheel of a car. JEFF HARPER/METRO FILE

dence, was disingenuous and at times parts of his evidence seemed contrived."

Outside court, Crown prosecutor Melanie Perry said the sentence was appropriate.

"If this were a case where there had been an accident ... or he had a prior criminal record for impaired driving, certainly he would have received a higher sentence," said Perry.

Zinck said he had no choice but to respect the judge's verdict.

+ PUNISHMENT

The judge fined Trevor Zinck \$1,000 and prohibited him from driving for one year effective immediately. A separate charge of impaired driving was stayed.

"It was a difficult time in my life," he said after the ruling. "I have moved on and I will

continue to move forward in a positive way."

A week after he was charged with driving over the legal limit, Zinck was sentenced to four months in jail and a year's probation for fraud over \$5,000 and breach of trust in the province's spending scandal.

Zinck was a former NDP and Independent member who represented the riding of Dartmouth North from June 2006 until June 2013.

THE CANADIAN PRESS

CONTINUING CARE ASSISTANT

Do you enjoy caring for others and want to get into the workforce quickly? Train at da Vinci College where qualified students can get a \$2,000 bursary and guaranteed employment for a year at Northwood.

TURN YOUR PASSION INTO A PROFESSION!

Program Starts in June. Now training in Lower Sackville:

NORTHWOOD
live more.

*Pending approval of The Department of Labour and Advanced Education

Call today **1.866.429.1847** or visit **davincicollege.org**
1577 Barrington St. **HALIFAX**

Buying a New Home?

Build it right the first time!

Sponsored by **NOVA SCOTIA HOME BUILDERS' ASSOCIATION**

FREE SEMINARS

Seminar Schedule Dates & Locations:

April 28	Truro, Holiday Inn
April 30	Sydney, Memberlou Convention Ctr.
May 5	Halifax, NSHBA Office 124 Chain Lake Dr, Unit B, Bayers Lake

Sessions are from 7-10 pm • Pre-registration required

register online at www.nshomebuilders.ca
or call (902) 450-5554 or 1-800-668-2001

City to sell Cherry Brook centre at a bargain price

COUNCIL

Non-profit envisions a second life for vacant school

A rundown building with historic ties to one African Nova Scotian community is getting a new lease on life.

On Tuesday, regional council voted in favour of declaring the old Cherry Brook Community Centre surplus to Halifax Regional Municipality and allowing it to be sold below market value to a non-profit group.

Although not stated explicitly in the staff report that made the recommendation to council, that group is likely the Lake Loon-Cherry Brook Development Association.

The association's president, Brenton Sparks, says has been



Activists protest the Cherry Brook Community Centre demolition in February. The historic building was a school for African Nova Scotian children. REBECCA DINGWELL/METRO

in negotiations with the city for years in order to restore the building, located in the Preston area, back to a community hub.

"For our community, it's a very historic building," he said

Wednesday, adding it is one of the last standing segregated schools in the area.

According to the staff report, the school was closed in the late 1960s and converted into a community centre, but

was boarded up in the 1990s.

A tender to have the building demolished was issued in 2009, but cancelled after community consultation revealed the centre's value to residents.

Overall, Sparks said he's

pleased with the council's decision and called staff's recommendation a "win-win." The municipality, he says, will no longer face the liability of owning a vacant building, while the association can now begin restorations.

Council agreed to sell the building under a community interest category for significantly below its value, which according to a report sits around \$100,000.

That amount includes portions of an adjacent property, which staff recommended should be added to allow for a parking lot and new septic system to be built. The report says other non-profit groups will have an opportunity to bid, but Sparks sees that as a formality.

He envisions that with renovations, the centre can house a doctors' office, community hall and office space for after-school and seniors' programs.

STEPHANIE TAYLOR/METRO

COMMUNITY MEETING

Kuhn Road plans on agenda

Dartmouth residents can learn about the city's latest round of proposed amendments for the Kuhn Road area in a community meeting on Thursday in the Prince Andrew High School cafeteria at 7 p.m.

Two years ago, council approved changes to the Dartmouth Municipal Planning Strategy and the Dartmouth Land Use By-Law to implement recommendations on the Dartmouth Main Street Plan Review.

City staff were directed to re-examine policy and zoning amendments for the land around Kuhn Road, despite parts of it lacking sanitary sewer service and others belonging to HRM or private owners.

Staff are now proposing to redesignate the lands under a new Kuhn Road Designation, with a specific set of zoning changes, including new regulations to protect a marshland within the area. METRO

☒ I'VE NEVER MISSED A PAYMENT.

☒ I'VE MISSED A PAYMENT OR TWO.

☒ I NEED TO ESTABLISH MY CREDIT.

☒ I NEED TO REBUILD MY CREDIT.

APPLY NOW

to see which credit option works for you.

BUY ANY CAR & YOU COULD WIN \$100,000

OREGANS
DRIVING HIGHER STANDARDS

100
YEARS AND COUNTING

*See Dealer for details. Skill testing question required. Fleet and Commercial excluded.

OREGANS.COM

HEALTH

Hospital replacing sterilizer devices



Stephanie Taylor
Metro | Halifax

A hospital in Halifax plagued with mysterious debris on its sterilization equipment will be receiving new units.

According to reports by CBC, the province's health and wellness minister Leo Glavine told members of the legislature Wednesday afternoon that the government will be providing the Halifax Infirmary at the Queen Elizabeth II Health Sciences Centre with five new sterilization units at a cost of \$100,000 apiece.

A department spokesperson said details regarding the timeline and whether the equipment will be purchased or leased falls under the jurisdiction of the Nova Scotia Health Authority.

However, Glavine told reporters the new machines would arrive in the next five weeks.

He also said corrosion was the culprit behind the black dust first discovered on the sterilizing equipment two weeks ago.

Earlier in the week, a senior director at the QEII said samples of the black flecks had been collected for testing.



The Halifax Infirmary will get five new units. JEFF HARPER/METRO



NDP MLA Lenore Zann speaks about Bill 111 at Province House on Wednesday. JULIA MANOUKIAN/FOR METRO

Bill tackles blights in racialized areas

'ENVIRONMENTAL RACISM'

Noxious sites have plagued minorities for too long: MLA

Julia Manoukian
For Metro | Halifax

A new private-member's bill addressing "environmental racism" could finally bring peace to some of Nova Scotia's aboriginal and black communities, an activist said Wednesday.

"Our communities have been

ignored, marginalized and displaced," said Lynn Jones of Truro, a member of a group called Environmental Noxiousness, Racial Inequities and Community Health (ENRICH).

Act to Address Environmental Racism, or Bill 111, was tabled by Lenore Zann, the NDP MLA from Truro-Bible Hill, on Wednesday.

The bill would examine longstanding environmental racism within the African Nova Scotian, First Nations and Acadian communities and provide recommendations.

Zann admitted she only discovered the term "environmental racism" a year ago, "which

is why I wanted to learn ... (why) there is a disproportionate number of toxic-waste sites and dumps in racialized communities."

"This is long overdue," she added.

Ingrid Waldron, assistant professor at Dalhousie University's School of Nursing, has been researching how environmental racism affects community health.

She points out current examples: the paper-mill waste ponds next to the Pictou Landfill First Nation and the landfills built in the predominantly black community of Lincolnville.

In the past, a dump and

+ DEFINITION

Environmental racism: the disproportionate location of potentially hazardous sites or industries near racialized, low-income, marginalized populations and the working poor.

slaughterhouse were built beside Halifax's Africville.

It may be a while before these communities see any action, though. The bill needs a second reading, which could take weeks, as well as the approval of other parties.

HIGHWAYS

Fire boss applauds twinning study

There is hope on the horizon for those lobbying for more twinned highways in the province.

Barneys River Fire Chief Joe MacDonald said the province's plan to do a feasibility study on using toll roads to speed up the process of twinning 100-series highways is "promising."

"It's very encouraging that the government realizes their financial restraints and that they need to look at new ways of financing these programs to save lives," MacDonald said.

MacDonald has led the charge to Province House, asking it to twin the section of highway between Sutherlands River and Antigonish.

Since 2009, there have been 14 fatalities and more than 160 accidents on this stretch of roadway.

So far, close to 5,000 people have signed an online petition in favour of the twinning taking place in northern Nova Scotia.

The province announced Tuesday it will do a feasibility study that will look into the costs and challenges incurred from twinning sections of 100-series highways in Nova Scotia, including that stretch of Highway 104.

The threshold to consider a highway for twinning is a minimum of 10,000 vehicles per day.

That would include the section between exits 5 and 6 on Highway 103; sections of Highway 101 near Windsor; and Highway 104 from Sutherlands River to the Canso Causeway.

"I spoke with the minister, and he says (the study) will happen quick," said MacDonald.

"I don't know if quick will be six months or a year."

MacDonald believes that the efforts of engaged people in the community to have the road twinned did have an impact on the province's decision.

NEW GLASGOW NEWS



It should be twinned.... It will save lives if it is twinned.

Barneys River Fire Chief Joe MacDonald

AQUACULTURE

Fish killed by cold, not disease: Probe

An investigation has found that the deaths of salmon and trout at three Nova Scotia aquaculture sites earlier this year were caused by environmental factors, not disease.

Staff at the provincial Fisheries Department say the fish kill was caused by extremely cold temperatures during a particularly harsh winter.

Fisheries Minister Keith Colwell says no significant disease agents were found at any of the sites.

+ LOSSES

Fisheries Minister Keith Colwell says financial losses from the fish kill won't be covered by the province.

The sites, operated by New Brunswick's Cooke Aquaculture, are at Shelburne Harbour, Jordan Bay and Port Wade.

THE CANADIAN PRESS

IN BRIEF

Man charged over sawed-off firearm

Police say a 57-year-old man is facing weapons charges for being outside his home with a loaded gun.

Halifax Regional Police say they were conducting surveillance around the 2400 block of Gottingen Street at about 11:30 p.m. Tuesday after getting a tip.

Police say the suspect was arrested without incident and was in possession of a loaded sawed-off gun. METRO

COURTS

Man sentenced for role in stabbing

A Nova Scotia man who pleaded guilty to aggravated assault over a stabbing has been sentenced to three years in prison.

Cleveland Stephen Nicholas of Potlotek was charged with attempted murder after police in Louisdale responded to a call about a 21-year-old man being stabbed numerous times by four men in January.

The Crown withdrew the original charge last week, and Nicholas pleaded guilty to the lesser charge of aggravated

+ SUSPECTS

Three other men face attempted murder charges.

assault.

The 28-year-old Nicholas was sentenced to three years in prison Wednesday in Port Hawkesbury provincial court, but he received close to five months credit for time already served. THE CANADIAN PRESS



Youth opt for party bands

BACKSTAGE PASS

'They want to be challenged': Party Boots lead singer

Aly Thompson For Metro

It's Friday night and a seven-piece funk and soul band is sharing body heat with dozens of 20-somethings in the close quarters of the Carleton Music Bar and Grill.

The firecracker lead singer, a tiny young woman with a powerful voice, is hopping around the stage barefoot as people groove to a song by the Jackson 5.

As the singer taps a tambourine against her leg, the rest of Roxy and the Underground Soul Sound smiles and sways with the beat as members of the crowd laugh and clink glasses.

Everyone is having a good time. It's not an unusual sight. Party bands have been taking over the Halifax's

music scene, with hundreds of people coming out every week to dance and experience the mighty sounds of full bands like Roxy and the Underground and the Mel-lotones.

Roxy Mercier, lead singer of Roxy and the Underground Soul Sound, said more Hali-gonians are choosing to party to dance-able live music over top 40 hits spun by a DJ.

"It just makes you feel good," said Mercier, whose band will release their all-original debut album *Don't You Know?* in June. "It's got a groove that just makes you happy."

At the nearby Seahorse Tavern, it's a bizarre scene, to say the least.

A six-piece band is charting new musical territory, often fusing the sounds of a bright red accordion with a saxophone in a cross-section of musical genres. The crowd is eating up the unique and energetic set by Party Boots.

Rankin MacInnis, the lead singer and accordion/key-board player, agreed young adults appreciate a party with dynamic live music, rather than dancing to the same old radio hits at clubs.

e4
lease
oxy and
ground
's CD at
on Music
ill.

"There are people who want a party, but they also want to be challenged. They can come to a show and just watch, or they can dance, and dance to more creatively inspired music."

Party Boots plans on releasing an EP by the summer, with a full album expected later this year. The band's catchy and playful song Jean Jacket reeks of an old school cool reminiscent of '90s rapper Tone Loc.

But on the lighthearted *Hardly Ever Happens*, we hear a slightly different Party Boots. Its whimsical melody and anthemic bridges moves the listener through a story of blossoming love.

The band is set to play the mainstage at the Halifax Jazz Festival this summer.

Halifax is rich in diverse cultural heritage and music is an important adhesive for the community.

Rankin MacInnis, Party Boots lead singer



10 Time Grammy Award Winner
& Rock and Roll Hall of Famer

BONNIE RAITT

Live!

In Concert
SATURDAY AUGUST 8TH
Dartmouth Sportsplex

- a special evening featuring -
Blues Legend
JAMES COTTON
80th Birthday Celebration

Tickets
On Sale
Now!
TICKETPRO
www.ticketpro.ca

SPORTSPLEX

- proudly presented by -
2015 Dutch Mason Blues Festival
www.dutchmason.com

Ticketpro toll free 1-888-311-9090, go to Ticketpro.ca or visit any Atlantic Canadian Ticketpro Outlet

CITY COUNCIL

Oval pavilion gets OK

Halifax regional councillors have approved the funding for a new pavilion at the Emera Oval in the latest municipal budget and then immediately voted to award the tender.

The construction tender was awarded to Seagate Construction for \$2.57 million.

The new pavilion will house the ice re-surfacers, skate rental storage and sharpening equipment, staff offices and public washrooms, according to a staff report tabled at regional council Tuesday.

Coun. Jennifer Watts argued that the pavilion, for which \$3 million was allocated in the 2015-16 budget, adds value to the increasingly popular Oval.

"One of the key things you hear from people is the haphazard construction and the lack of facility there," she said at the meeting. "I think families will find greater comfort in being there with the kids, having a place to go for a warm-up and proper washrooms."

The city held several public meetings on the design of the pavilion, according to the staff report, and the final design was "well-received."

Staff also said the pavilion is a separate structure from the oval and plaza, and not covered by existing corporate sponsorship agreements with Emera or Molson. METRO

ENVIRONMENT

New laws for marine energy

The Nova Scotia government has introduced legislation that it says will ensure marine renewable energy projects are developed in a responsible manner.

The province says the legislation would make sure there is consultation in areas where the industry will be developed and establish a licensing and permitting system for the development of marine renewable energy generators in those areas.

It would also give the energy minister the authority to develop regulations for the construction, installation and operation of projects.

Energy Minister Michel Samson says tidal resources are poised to make significant contributions to the province's economy and will provide a new source of power.

THE CANADIAN PRESS

Record fair no longer an event for just audiophiles

MUSIC

Gathering has everything from classic rock to classical

Despite the popularity of streaming and torrenting music digitally, vinyl record sales are still going strong.

"It's hard to show off your MP3 collection to somebody if they come over to your house," said Kevin Beal of Black Buffalo Records.

falo Records.

This weekend, Halifax is hosting its bi-annual record fair at the Halifax Forum for the ninth time.

Beal is one of the event organizers and said some albums sell more on vinyl than they do on digital files.

"You can give somebody a record to listen to," he said. "Yes, you can share an MP3 — but you're not sharing the artwork. You're not sharing the full package."

Beal said Halifax used to have sporadic record fairs in



In the '90s, there was kind of a lull. Records weren't very popular.

Kevin Beal, Black Buffalo Records.

the 1980s, but they died when vinyl's popularity went down.

"In the '90s, there was kind of a lull. Records weren't very popular," he recalled. "Around 2009 is when I really started to focus on (vinyl), and we resurrected the record fairs."

The spring fair, which takes place on Saturday, will have

lots of records available for collectors and music enthusiasts alike.

"There will be over 50 tables full of records," said Beal. "Other than that, there might be the odd accessory."

Beal said the price range will vary — some records will sell for more than \$200, while

others can be bought for less than a toonie.

Other record stores such as TAZ and Select Sounds will be there, but many of vendors will be independent.

"The majority is private collectors," said Beal.

For those willing to dig through many stacks of records, it could be the opportunity to find the perfect album.

"There's pretty much something for everybody — everything from classic rock to classical music."

REBECCA DINGWELL/FOR METRO



Black Buffalo Records owner Kevin Beal, shown on Wednesday at his Cornwallis Street store holding The White Stripes' 10th anniversary edition of Get Behind Me Satan, says cover art is part of the appeal of vinyl albums. JEFF HARPER/METRO

COMMUNITY OUTREACH

Care Cuts offering free haircuts to the homeless

Just as they sometimes don't know when they will get their next meal, people experiencing homelessness don't know when they will get their next haircut.

Care Cuts, a new initiative by Shelter Nova Scotia, is aiming to change that.

"It's something that's been on our radar for over a year now," said Colleen Ritchie, a spokeswoman for Shelter Nova Scotia.

She said they've had many barbers approach them and offer to help.

"Hairdressers are just generous, I guess," said Ritchie.

Hairdressers are just generous, I guess.

Colleen Ritchie, Shelter Nova Scotia

Once a month, barbers from Sailor Bup's Barbershop will volunteer their time and skills to give a fresh haircut to men at the Metro Turning Point shelter.

Haircuts will take place from 10 a.m. to 3 p.m. with three volunteer barbers.

For every \$10 donation received, Shelter Nova Scotia can provide one free haircut.

"It's a small gift that makes a big difference," said Ritchie.

On Wednesday, the volunteers did nine haircuts in total. Ritchie is confident they will be able to expand the service to different shelters over the course of the next year. This will include women's shelters as well as men's.

"It's something everyone has experienced," she said. "Getting a haircut and feeling light and fresh and new."

REBECCA DINGWELL/FOR METRO



A homeless man gets his hair cut on Wednesday. CONTRIBUTED

MP dismayed by gifts for new citizens at ceremony

TORONTO, ONT.

Citizenship reduced to 'product placement'

Toronto Liberal MP Adam Vaughan got curious while attending a citizenship ceremony at the Air Canada Centre last year, when he noticed that new Canadians were receiving Maple Leafs jerseys and tickets to the game along with their right to get a passport and vote.

"It just seemed odd that it suddenly had this sort of gift-bag component to it — that the ceremony itself wasn't significant enough," said Vaughan.

The experience prompted Vaughan to seek more information from Citizenship and Immigration Canada. The response he received this week revealed plenty of other gifts given to new citizens.

The response also included a list of third-party sponsors as well as locations outside government facilities where citizenship ceremonies took place, including many schools, parks, sports arenas, museums and a salmon festival in Richmond, B.C.

"It's a citizenship ceremony and I think it should be a fairly solemn and momen-



Adam Vaughan, a Liberal MP in Toronto, was surprised when he learned that new Canadians have been receiving gift bags at their citizenship ceremonies, including Maple Leafs jerseys and game tickets. GETTY IMAGES

tous occasion in someone's life. It just seems strange that it has been reduced to a sort of photo op, a product placement opportunity," Vaughan said.

The Liberal MP said he found it especially odd, given that the Conservative government has spoken about the importance of the moment when defending its decision to ban the wearing of the face-covering niqab while swearing the citizenship oath.

"You can't show your culture, but corporate culture can be rained down upon you. It's a very ambiguous set of messages that are sent," Vaughan said.

A spokesman for Citizenship and Immigration Minister Chris Alexander did not grant an interview to Torstar News Service on Wednesday, but emailed a statement saying the government wants to

make ceremonies memorable.

"We strive to ensure each ceremony is memorable, and a fitting welcome to the Canadian family," spokesman Kevin Menard wrote in the email. TORSTAR NEWS SERVICE

EARTHQUAKE

Canadians in Nepal evacuated

An RCAF plane carrying approximately 100 people who survived a massive earthquake in Nepal arrived in New Delhi late Wednesday, the Canadian government said.

On board the C-17 transport were both Canadians and people from other countries, while an additional 70 Canadians have since left Nepal on commercial flights, Foreign Affairs Minister Rob Nicholson said in a statement.

The plane arrived in Kathmandu, the Nepalese capital, early Wednesday morning, carrying elements of the government's Disaster Assistance Response Team to assist in a crisis that the United Nations estimates is affecting 8 million people.

A second C-17 is also on the way, carrying 51 Canadian Forces members and supplies to be used by the response team in the aftermath of last weekend's quake.

The plane will then be used to get more people out of the country, the government says.

In 2013, more than 12,000 Canadians visited Nepal, according to that country's tourism agency, most for holidays or mountaineering expeditions.

THE CANADIAN PRESS

338

Foreign Affairs has said 338 Canadians were registered as being in Nepal, but it is only an estimate as registration is voluntary.

“It just seemed odd that it suddenly had this sort of gift-bag component to it — that the ceremony itself wasn't significant enough.”

Toronto MP Adam Vaughan

How's the news today?

Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a \$25 gift card.

metronews.ca/panel

metro

EVERWOOD AVE BREW SHOP

Featuring:

- Beginner Kits
- Equipment Kits
- Kegging Supplies
- Hops, Yeast, Grains

Create your favorite beers with our 30+ extract and all grain kits!

WWW.EVERWOODAVEBREWSHOP.COM
HAMMONDS PLAINS, NS
(902) 219-4928

A new career. A better life.

"I need a change... a real career."

Train for a promising new career as a Paralegal in just 56 weeks.

Now Enrolling for September

Call or Click Today

902-463-6700 maritimebusinesscollege.com



In this file photo taken Wednesday, Nigerian soldiers man a check point in Gwoza, Nigeria, a town newly liberated from Boko Haram. LEKAN OYEKANMI/THE ASSOCIATED PRESS FILE

NIGERIA

Rescued girls need psychological care

Some of the nearly 300 girls and women freed by Nigeria's military from the forest stronghold of Boko Haram were so transformed by their captivity that they opened fire on their rescuers, and experts said Wednesday they would need intensive psychological treatment.

The military was flying in medical and intelligence teams to evaluate the former captives, many of whom were severely traumatized, said army spokesman Col. Sani Usman.

He said earlier that none of the schoolgirls kidnapped from the

northeastern town of Chibok a year ago appeared to be among the 200 girls and 93 women rescued Tuesday. But on Wednesday he said further screening was needed before their identities could be determined.

A counsellor who has treated other women freed from Boko Haram captivity said some had become indoctrinated into believing the group's Islamic extremist ideology, while others had established strong emotional attachments to militants they had been forced to marry.

THE ASSOCIATED PRESS

Aid reaches villages near quake centre

NEPAL

Long lines for buses out of Kathmandu

The first supplies of food aid began reaching remote, earthquake-shattered mountain villages in Nepal on Wednesday, while thousands clamoured to board buses out of Kathmandu, either to check on rural relatives or for fear of spending yet another night in the damaged capital.

Frustration over the slow delivery of humanitarian aid boiled over in a protest in the city, with about 200 people facing off with police and blocking traffic.

The protest was comparatively small and no demonstrators were detained. But it reflected growing anger over bottlenecks that delayed much-needed relief four days after the powerful earthquake that killed more than 5,000 people, injured

twice that many and left tens of thousands homeless. Police, meanwhile, arrested dozens of people on suspicion of looting or causing panic by spreading rumours of another big quake.

Helicopters finally brought food, temporary shelter and other aid to hamlets north of Kathmandu in the mountainous Gorkha District near the epicentre of Saturday's 7.8-magnitude quake. Entire clusters of homes there were reduced to piles of stone and splintered wood. Women greeted the delivery with repeated cries of "We are hungry!"

While the death toll in the village of Gumda was low — five people were killed and 20 were injured among 1,300 residents — most had lost their homes and desperately needed temporary shelter. Adding to residents' misery was the rain that has fallen periodically since the quake and hampered helicopter aid flights.

The UN World Food Program



Volunteers carry bags of food supply from a cargo truck to an aid helicopter in Majuwa village, near the epicentre of Saturday's massive earthquake, in the Gorkha District of Nepal, Wednesday. THE ASSOCIATED PRESS

warned that it will take time for food and other supplies to reach more remote communities that have been cut off by landslides.

"More helicopters, more personnel and certainly more re-

lief supplies, including medical teams, shelter, tents, water and sanitation and food, are obviously needed," said the program's Geoff Pinnock.

THE ASSOCIATED PRESS

MEDAVIE BLUE CROSS™
MS WALK
EVERY STEP MATTERS.



EVERY STEP TELLS A STORY

HALIFAX

Sunday, May 24, 2015

Register now to end MS • mswalks.ca • 1-800-268-7582

Sponsors



This ad was generously sponsored by **metre**



**EXTEND
NATURE'S
WARRANTY.
RECYCLE YOUR
ELECTRONICS.**

Committing to our planet's future means properly recycling our electronics of the past. That's why the EPRA, an industry-led not-for-profit organization, works to keep 100,000 metric tonnes of end-of-life electronics out of landfills each year through convenient and regulated e-recycling programs. Technology advances fast, but we only get one earth.

Learn more and find out what you can recycle and where, at:
recycleMYelectronics.ca/ns

This program is funded through Environmental Handling Fees that are applicable to new electronic products sold in the province.



SPRING FEVER



metro
**Spring
Fever**

Thursday, April 30, 2015

This walking and biking trail is found along Beaufort Avenue in south end Halifax. CONTRIBUTED

Discover local walking and biking trails

PEDESTRIAN INFRASTRUCTURE

Urban and suburban trails can be found across the municipality

**RICHARD
WOODBURY**
For Metro

There are more than 250 kilometres of trails in HRM, a number that will only continue to grow.

The city has been building trails since 1998 and most of the recent developments have focused on the more urban and suburban centres, said David Hubley, HRM's manager of project planning and design services.

"Most trail developments

in the early days took place outside of the central core on rail trails east and west," he told Metro News.

Building more trails fits in perfectly with the city's active transportation program, which "aims to help residents bicycle, walk, and use other 'human powered' ways to move," reads the city's website.

So, how can somebody find out what trails exist? The city's website, halifax.ca/trails, is a

good place to start. It groups trails by area, such as Bedford/Sackville and Cole Harbour/Eastern Shore. People can then click on any given trail and find out more information about features such as facilities, designated uses, and the time it takes to complete.

As a starting point, here are a couple of highlights.

In Dartmouth, the three-kilometre Dartmouth Harbourfront Trail runs from the Woodside

Ferry Terminal to the Dartmouth Ferry Terminal and provides a stunning view overlooking the Halifax Harbour. In the future, there are plans for this trail to connect with the Shubie Canal Greenway Corridor.

In Halifax, the Chain of Lakes Trail is fully operational this year. Halifax Water installed a waste water pipe last year that took sections of the trail out of use. The good news

is the entire 7.25-kilometre trail is now paved and landscaped. (Originally, only about 3.5 kilometres were paved.) The trail begins on Joseph Howe Drive, across from the Superstore, and runs to the Lakeside Business Park.

This is a great trail to use if somebody wants to get out of the city and head to the Bayers Lake Business Park or take a more adventurous jaunt to the south shore of the province.

Bright colours to bring spring in

There's one sure-fire antidote to a snowy, miserable spring: Fashion.

"Dressing in brighter colours will automatically add cheer and freshen up your look and mood," said local fashion expert and blogger (lion-hunter.com) Mo Handahu. "Also layering lighter pieces topped with a cosy knit sweater will stop you from reaching for your bulky winter coat."

But keep a lighter coat close by in case the temperatures drop, after all this is Halifax.

Style consultant, dancer, and blogger Kayla Short said any time colour or prints are injected into a wardrobe it instantly adds life to the look, no matter how dreary it is outside.

"Whether there are flowers outside or flowers on your dress it doesn't matter so long as you feel happy around either," Short said.

A switch in season always comes with a switch in wardrobe and Handahu's advice this spring is to hold on to chunky knits because they will go well with this spring's popular trends: Channeling the '70s and culottes. Introduce lighter colours, she added, and throw in fun prints



Mo Handahu says throw fun prints into the mix. CONTRIBUTED

like florals and tropical motifs.

The must-have this spring? For Handahu, it's a chic silk scarf.

"One with a print will contrast well around the neck and try tying it in different shapes. It will most certainly work as a belt and under a sweater for a faux raised neckline," she said.

Short, alternatively, is thinking hats this spring.

She said they are a great way to add something different to a look.

"I would also suggest sunglasses, (they) are always fun, and

there's so many cool types out there you can really have fun with them," she said.

As far as footwear, well there's not much choice beyond rain boots, but Short said the good news is there are so many cute ones out there. They can be worn with a skirt or jeans and still look great.

"Finally fashion caught up to function," she said.

If there's a nip in the air, Handahu said, ankle boots can be a life saver.

JENNIFER TAPLIN/FOR METRO

1986.
Great year for mullets.
Not your walls.

ONLY 4 DAYS LEFT!

Buy now, have it tinted later.

What year is your room stuck in?
Buy one get one FREE*

on all manufactured paint. **ENDS MAY 3rd**

1746 Bedford Hwy • 902-835-1300

*Cannot be combined with any other offer or promotion. Buy any container (3.0L-3.78L) of Dulux or Glidden paint at the regular retail price and get the second container (of equal or lesser value) free. Excludes Flood products. All products may not be available at all locations. See instore for offer details. At participating locations only. ©2015 PPG Industries Inc. All rights reserved. Dulux is a registered trademark of AkzoNobel and is licensed to PPG Architectural Coatings Canada Inc. for use in Canada only. The Multi-Colored Swatches Design is a trademark of PPG Architectural Finishes, Inc. Glidden is a registered trademark of the PPG Group of Companies.



SPRING HA

14

Thursday, April 30, 2015

Special Feature: Spring Fever **metro**

Take a bite out of binging

HEALTHY EATING

Choose local produce and fresh fruits and veggies

JENNIFER TAPLIN
For Metro

Spring is the prime time to emerge from hibernation and revamp healthy eating habits.

"Local produce is starting to expand from the apples and root vegetables we've seen all winter. It feels like a great time for a fresh start," said Diana Chard, dietitian and blogger at bitemywords.com.

Dietitian Krista Leck Merner, owner of bentforknutrition.com, said spring means an end to months of dark evenings and comfort foods.

Both Chard and Leck Merner have great advice for refreshing menus and eating habits for the gentler weather ahead.

"I think the most important thing is not to try to change too many things at once," Chard said.

Healthy eating isn't about dieting or deprivation, she said, rather it's about incorporating

"Make one or two small changes at a time so that you don't become discouraged or overwhelmed."

Diana Chard

a sustainable healthy lifestyle. Become friends with the kitchen, Chard recommended, using whole ingredients and increasing vegetables where possible.

Leck Merner recommends starting out small and setting small goals: Bring an apple instead of a treat for lunch and practice the "perfect plate."

"Fill half your plate with colourful vegetables and fruit, a quarter plate with whole grains and a quarter plate with lean protein," she said.

And remember during barbecue season to choose lean cuts of meats and a portion of meat should fit in the palm of a hand, not a 10 oz steak, she said. Grilling veggies add lots of flavor and helps break the boredom of the same old salad.

"Beware of the liquid calories that often go along with the bar-

becue though — typical beers are 150 calories and can add up quickly," Leck Merner said.

Chard said there are many spring foods to look forward to. Some, like pea shoots, are already popping up at farmers' markets.

"They make a great addition to a salad or as a garnish or even as a snack on their own. My personal favourites that I'm most excited for are asparagus and rhubarb. They're both so versatile, nutritious, and delicious," Chard said.

Take advantage of local produce when it's in season and don't be afraid to try new things, Chard said. It can take children up to 20 times tasting a new food before they like it and the same can apply to adults, she added.

In-season produce gives the most nutrition bang for the buck, Leck Merner said. Her spring favourites include asparagus, beet greens, fiddleheads, peas, radishes, and rhubarb.

"Lots of colour on your plate equals lots of nutrition," Leck Merner said.

Neither Leck Merner nor Chard have a specific list of "don't" foods. Forbidden fruit is often the sweetest so these dietitians recommend not cutting anything out.



Diana Chard COURTESY ORLA MACEACHERN

OVER THE GRILL

Upping your BBQ game

When people think of barbecuing, burgers and hot dogs are likely top of mind, but with a little effort, it's easy to spice up one's grill goodies.

Andrew Stevens, an instructor in NSCC's culinary arts program, said that if you are going to use a gas barbecue, place some charcoal or wood chips in a tinfoil container on the barbecue to change the flavour of what you're grilling.

"Otherwise, you're just cooking over heat, which is what you're doing inside," he said.

Stevens also recommends using dry rubs on meats, fish or vegetables. A dry rub can be put together by combining some of your favourite spices, adding some oil to create a paste and then rubbing that on the food prior to placing it on the grill. Doing so will help seal the outside of the food and give it a nice crust.

RICHARD WOODBURY/FOR METRO



CAN YOU SPOT THE DIFFERENCES?

By using clear garbage bags instead of dark bags you'll help reduce the amount of waste that ends up in our landfills. One dark bag is allowed for privacy.

To learn all the ways waste collection is changing, including when the new rules take effect, visit halifax.ca/recycle or call 311.

1. Garbage bags; 2. Bushes.

PUT WASTE IN ITS PLACE



HALIFAX

AS SPRUNG!



metro

Thursday, April 30, 2015

15



There are a few ways to get your green thumb going while waiting for snow to melt. CONTRIBUTED

Delayed start to gardening

With a glum look, avid gardeners are looking through their windows to the backyard and sighing in winter-heavy melancholy.

The winter best left forgotten has given a final gift: A slow melt of dirty snow.

Heather Roth, owner of The Blooming Gardener, said the growing season is definitely off to a belated start.

"Spring bulbs, signaling the arrival of spring with their cheery display of colour, may be delayed by several weeks depending on their exposure," Roth said. "The north side of

homes and shaded areas on our properties may still be blanketed with snow, and will surely be the last areas to see relief from the winter that has left its mark on Nova Scotia."

Emily Tregunno, with Halifax Seed, said it's still too cold for planting anyway, even if it was an average spring. But that doesn't mean there isn't anything to do.

"We're suggesting that you want to start your seeds indoors," she said. "And, if you can get to your garden, it's a great time to mix the soil up and you can amend your beds,

if you can get to your beds and if there's no frost in them."

If it's a rainy spring, conditions might make for extra mushy ground. The snow melt might not be a problem but if it is, it could mean extra moss this year, Tregunno said.

Roth said while waiting for the snow and ice to melt, gardeners can prepare the landscape by pruning trees and shrubs.

"Many of us will have damage caused by piling of snow and ice and some of us from salt spray," Roth said.

JENNIFER TAPLIN/FOR METRO

GO BIG... or stay inside

Experience the Gorge

Smack in the heart of Kentville are some of the best mountain bike trails in Nova Scotia. Riders flock to the Gorge to experience rides like those who came before them to see Nova Scotia mountain biking at its best.

kentville.ca/community
902-679-2500



April 30 - Free
Halifax Central Library
Opening Ceremony
All Nations Drummers 6:30pm
Rhymes for
Young Ghouls
Film 86mins - Free 7:15pm

\$15/HOUR NOW!
May 1st!
Grand Parade
All Out For
May Day!
Nova Scotia Needs a Raise!
5:30pm • May Day Event

May 3rd Two Events-Two Locations
Company House - Free 1pm - 3:30
Great Big Sing-Along
Celebrate Pete Seeger's Birthday!
Grafton Street Dinner Theatre
Play \$15 - 8:00pm
Tompkinsville
A mining town transformed

May 6 Halifax Central Library
Reel Justice
6:30 - 8:30 - Free
10 (TEN) Short films celebrate and examine local issues. Co-curated with Atlantic Filmmakers Cooperative

May 7, May 8, May 9
Bus Stop Theatre
Two Plays \$10 Each or \$15 Both
The Work of the Dancer
Audio installation & performance 7pm
How Often Do I Dream...
A multi-sensory exploration of memory - 7:45pm

May 11 Halifax Central Library
Portrait of Resistance:
The Arts & Activism of Carole Condé & Karl Beveridge Film 72mins Free - 7pm

May 12 Khyber Arts Centre - 6:30pm
The Future of Precarious Work
A Workshop on Art, Labour and Activism with Carole Condé and Karl Beveridge

April 17 Through May 13 - Free
Khyber Arts Centre &
Anna Leonowens Gallery
Scene Otherwise
Condé & Beveridge Art Exhibition

May 17, 7:30pm - \$15.00 Admission
Stand Up
Alderney Landing Theatre, Dartmouth



mayworkshalifax.ca

April 30 - May 17



The Celebration
That Knows Its History

SPONSORS



Visit our website for Event Details, Maps, Times & More. Follow Us on Facebook & Twitter
© Copyright 2015 MAYWORKSHALIFAX Union Made Unifor Local 2040 CFLU

SPRING FEVER

16

Thursday, April 30, 2015

Special Feature: Spring Fever **metro**

Harsh winter means it's time for spring car care

TUNE-UP

Our vehicles are especially beat up at this time of year

Richard Woodbury
For Metro

After the winter that hit Nova Scotia, our cars are in need of

a little TLC. "You really want someone looking at your car this time of year with all the potholes and all the stuff we've been exposed to," said Dave deCoste, the customer service manager with MacPhee Ford in Dartmouth.

"God knows what was under the snow."

On top of that, deCoste says auto manufacturers classify vehicles in Atlantic Canada as falling under a severe maintenance schedule category, so it's especially vital to have a mech-

anic do the appropriate servicing for a vehicle.

When bringing your vehicle in, many service shops offer packages to give your vehicle a thorough inspection. However, specific attention should be paid to the vehicle's suspension, steering, alignment and tires.

"Those are the big ones right now," said Bob Withers, the service manager with Halifax Chrysler Dodge.

He says these things in particular should be looked at because

if they aren't addressed now, it could lead to bigger problems down the road.

Getting an oil change is another good idea. In the winter time, cars idle more and this is hard on the oil as it makes the oil break down quicker. When vehicles are just sitting (and not even turned on), condensation builds up inside the engine and ends up in the oil, says deCoste.

Regarding tires, the ideal time to take winter ones off and put the summer ones on is when the

temperature averages above 7 C. This is because winter tires are designed specifically for use in temperatures at 7 C and below.

Thinking about using your winter tires in the summer? Not a good idea, deCoste said. Because they have a different rubber compound, they are not designed for use in hot pavement and are not

going to offer as good a driving experience.

One final recommendation from deCoste is to have your vehicle detailed. As part of that, be sure to get rid of any salt that has accumulated. He says clean cars are happy cars.

"You'll feel better and the car will feel better," said deCoste.



Roads like this do no favours for our vehicles. RICHARD WOODBURY

Keep fit while having fun

Richard Woodbury
For Metro

After a winter of being cooped up, it's good to get outside and play some sports. There are lots of sports options for people of all skill levels in Halifax to take part in, and some are indoors, so there is no worry about inclement weather.

The Halifax Sport and Social Club (HSSC), halifaxsport.ca, bills itself as being recess for adults. The organization offers a ton of sports options during its "sprummer" session, including floor hockey, softball, basketball, dodgeball, volleyball (court and beach), and kickball (soccer baseball).

Chris Miller, HSSC's sport manager, says the leagues attract people with a range of skill levels, but who are united by a common interest.

"It's great for anybody looking to get out and have fun," he said. Miller says it's also a great way for people to meet new friends and network.

People looking to register will need to make up their minds in a hurry because registration for indoor sports with HSSC closes on May 4, while registration for outdoor activities closes May 11.

Through the city's recreation department, there are also sports options. While largely geared toward children, there are programs for adults offered during the summer like badminton, canoeing and kayaking, as well as fitness options such as Pilates and yoga.



Soccer is one of the summer sports options offered by the Halifax Sport and Social Club. HALIFAX SPORT AND SOCIAL CLUB

The best way to learn about what the city is offering is to visit the city's recreation department website, halifax.ca/rec/. The website notes there are more than 50 community and recreation centres located in the municipality, so there's bound to be a fun option for you to find.

There are also lots of more informal sports options, run by volunteers who play on the teams in self-governed leagues. Ask your co-workers and friends if they know of any such leagues.

Some companies even have teams that play in recreational leagues, so check around the office. As well, summer sports teams always seem to be looking for spares, so be sure to let people know you are trying to find a team to play on. You might be able to parlay a one-off spare appearance into a more permanent gig.

you could
WIN A QUEEN
SIZE BED



when you purchase any
CPAP machine in May*



*Contest closes at 5:00pm (AST) on Friday, May 29, 2015. The winner will be contacted and be announced on our Facebook page in June. One ballot entry per CPAP machine purchased at any Snore Shop location. Winning entry will be randomly drawn from ballot box. This contest is open only to residents of Nova Scotia and New Brunswick. Winner must claim the prize within 30 days of being notified by the Snore Shop or a new winner will be drawn. No prize substitutions allowed.

LAKE CITY WOODWORKERS

386 Windmill Rd, Dartmouth • 465-5000 • lakecitywoodworkers.com

Spring Celebration Sale!



SAVE THE TAX!

Until May 19th

SAVE HUNDREDS OF DOLLARS

on our full line of locally made

SOLID WOOD FURNITURE

including Beds, Dressers, Armoires, Bookcases,
Dining Tables & Chairs, Servers,
Kitchen Islands... and Much More!

Come see our
Quality and
Value Today!

Unequal pay 'pure scandal'

EMPLOYMENT

Pope blasts 'machismo' attitudes about family roles

Pope Francis added his voice Wednesday to the feminist anthem of equal pay for equal work, saying it's "pure scandal" that women earn less than men for doing the same job.

Francis also lambasted the attitude of those who blame the crisis in families on women getting out of the house to work. He said such attitudes are a form of "machismo" that shows how men "want to dominate women."

Francis made the comments during his Wednesday general audience, which he has been devoting to different aspects of family life before a big meeting on family issues in October.

Francis said the "radical equality" that Christianity proposes between husband and wife must bear new fruit.

"We should support with decisiveness the right to equal pay for equal work," he said. "Why is it a given that women must earn less than men? No! They have the same rights. The disparity is pure scandal."

Francis has spoken out frequently about how the Catholic Church in general must give greater value to the "feminine genius," and has called for women to take on greater decision-making roles in the church, though he has ruled out women's ordination or having women head Vatican congregations.

Only about 18 per cent of Holy See employees are women, up from 17 per cent four years ago. Currently, only two women hold the rank of undersecretary in a Vatican department.

While speaking out about



Pope Francis arrives for his weekly general audience in St. Peter's Square at the Vatican on Wednesday. ALESSANDRA TARANTINO/THE ASSOCIATED PRESS

the need for a greater role for women in the church, the 78-year-old Argentine Jesuit has raised eyebrows with some seemingly tone-deaf comments: He has said Europe in many places resembles an "infertile" grandmother.

He has urged nuns not to be "old maids." And he once welcomed new female members of the church's most prestigious theological commissions as "strawberries on the cake."

On Wednesday, he came to women's defence. He took

the biblical Adam to task for having blamed Eve for having given him the forbidden apple. "It's always the women's fault," Francis said sarcastically. "Poor woman! We must defend women!"

THE ASSOCIATED PRESS

MCMASTER UNIVERSITY

Female faculty getting pay bump

Female faculty at McMaster University will be getting a raise after a two-year study showed differences in salary between the sexes at the Hamilton school.

The analysis found that female faculty members earned, on average, \$3,515 less than their male counterparts in 2012 and 2013 — even after adjustments were made based on seniority, tenure, faculty and age.

"We should have been addressing this, but the issue has come to the fore, we've addressed it, done the analysis and are making the adjustment," said David Wilkinson, the university's provost and academic vice president.

The pay adjustment will be made on July 1.

The report also recommended updating the harassment policy, ensuring equitable hiring practices, and leadership opportunities for women.

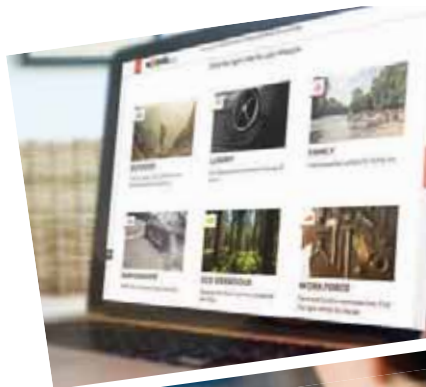
THE CANADIAN PRESS

"We should support with decisiveness the right to equal pay for equal work."

Pope Francis

Introducing the NEW
wheels.ca

Brought to you by
TOYOTA



Browse Articles, Vehicle Research and Vehicle listings by Lifestyle

Browse our collection of Guides and Road Trips for the perfect getaway

Research and Compare to find the vehicle that's right for your Lifestyle

ADVERTISING

Beer company sorry for Bud Light slogan

Bud Light should have kept the word "No" handy in this case.

Anheuser-Busch is apologizing for ad copy that appeared on bottles saying Bud Light removes the word "no" from drinkers' vocabulary.

Photos of the bottles went viral on social media Tuesday with widespread complaints about the slogan, particularly at a time of national debate about college rape.

"The perfect beer for removing 'no' from your vocabulary for the night," the copy read in full.

The response on social media ranged from crude jokes to criticism that the slogan is part of a culture that tacitly condones sexual assault.

The slogan is part of the brewer's two-year-old "Up for Whatever" campaign. The company says there are waves of the bottle-message campaign that includes more than 140 different messages — with new ones released every few months — intended to "encourage brand engagement." They said this particular one missed the mark, and the company regrets it.

Other messages on bottles include: "The perfect beer for dropping everything and going to Paris, even if it's the one in Texas" and "The perfect beer for being that guy people know when they say they 'know a guy.'"

THE ASSOCIATED PRESS



Bud Light's owners have apologized for a message on one of its beer bottle labels some believe condones sexual assault. IMGUR

IN BRIEF

Easing into retirement

A new survey suggests more than half of Canadians either plan to ease into retirement by working reduced hours or have no plans to ever quit working.

The report by HSBC found that 45 per cent of working-age Canadians expect some period of semi-retirement before fully packing it in, while 15 per cent expect to never fully retire. The online survey by HSBC was part of a global review of some 16,000 working and retired people in 15 countries and territories, including Canada.

The Marketing Research and Intelligence Association said a margin of error can't be applied to an online survey as it is not a random sample. THE CANADIAN PRESS

market minute

DOLLAR
83.17¢ (+0.04¢)

TSX
15,347.34 (+1.27)

OIL
\$58.58 US (+\$1.52)

GOLD
\$1,210 US (-\$3.90)

NATURAL GAS: \$2.606 US (+6.9¢)
DOW JONES: 18,035.53 (-74.61)



ROSEMARY WESTWOOD

metroview

"How can women stay in a faith that demeans them?"

Feminist. Pro-choice. Pro-gay marriage. Catholic.

For this odd cocktail of beliefs, I've often called myself a "bad Catholic." I've sat uncomfortably in a no man's land between the sometimes discriminatory and tone-deaf doctrine of the church, and the faith that I cherish.

But the wonderfully bull-headed feminist activist American nuns and central characters of the new documentary *Radical Grace* have little time for shame. Their decades-long struggle to drag the Catholic Church into modernity is an act, in the words of Sister Christine Schenk, of "radical faithfulness."

The documentary, which had its world premiere at Hot Docs in Toronto on Tuesday, is a funny, fast-paced window into the battle between U.S. nuns and conservative elements of the Catholic Church over the past four years.

The nuns' aggressive politicking in support of President Barack Obama's Affordable Care Act — which covered family planning — has drawn the ire of U.S. bishops. In 2012, the Vatican condemned the nuns for "radical feminist themes incompatible with the Catholic faith." (If women's equality is "radical," Schenk quips in the film, "guilty as charged.")

The film asks how these women can stay in a faith that demeans their work and questions their spirituality. For that matter, how can I?

But we are far from alone. In the U.S., 60 per cent of Catholics support gay marriage, according to Pew Research polling from 2014. A 2013 Ipsos Reid survey found three-quarters of Canadian Catholics agree women should be ordained as priests, and even more said priests should be able to marry.

The late Sister Jean Hughes, an affable woman who worked with ex-convicts, wonders in the film if she's "propping up an organization that doesn't believe that same things I do."

Or maybe, as U.S. Bishop Thomas Paprocki, appointed by the Vatican to oversee the U.S. nuns, states in misogynistic arrogance, "The question is: Are you still religious? Are you still nuns?"

I put that question to Schenk, but she countered: "Who is drawing the lines?"

"Too many Catholics grew up handing over their own moral conscience decision-making to whatever the Father said," she told me. "That kept them infantile in their faith."

Even progressive Pope Francis — champion of the poor and a more open church — rejects women's ordination.

"He doesn't get it with women, still," Schenk said.

Her vision of the future of my faith is compelling, but the most profound gift of *Radical Grace* is not that. It's these women, their humour and compassion and their guts, corroborating the truth: I do, in fact, belong.

NDP win in West won't bother PM

POLITICS

Chantal Hébert



One does not need to be a particularly astute parliamentary observer to notice the spring in the step of Stephen Harper's MPs these days.

In the wake of a federal budget that they believe will secure the continued allegiance of the voters that gave the party a majority four years ago, the ruling Conservatives are oozing renewed confidence in their re-election prospects.

By the same token, they seem to be taking in stride the unexpected turn of the Alberta election campaign and the possible demise of that province's Conservative dynasty.

It is not that the latest illustration of the time-tested notion that the electorate can undo the best-laid plans of over-confident politicians is not giving some government MPs pause.

Nor are Harper's Conservatives in collective denial over the possibility that the NDP could make a historical breakthrough in their party's heartland.

But federal Conservative discomfort over the Alberta campaign is offset by the fact that — regardless of the outcome of next

week's vote — the dynamics that have turned the election into a three-way battle between the Wildrose, the NDPs and the Tories are not about to be replicated on the federal scene next fall.

What has propelled the Alberta New Democrats to a competitive position is a split on the right between two warring conservative factions, combined with the fact that NDP Leader Rachel Notley decisively dominates her non-conservative competition.

If the recipe sounds familiar, it is a variation on the formula that led to Jean Chrétien's three successive majority victories. The key ingredients at the federal level were the Reform/Tory schism and a federal NDP on its knees after a bruising experience in power in Ontario.

These days the shoe is on the other foot, with three national parties fighting for the territory to the left of a united Conservative party.

A fractured right in Alberta might not bode well for that unity when the time comes to choose a successor to Harper, but it is not a major impediment to the more immediate task of winning a fourth mandate.

Regardless of the ongoing tensions within the Conservative movement, the prime minister can rea-

sonably expect all hands in Alberta to be on deck for his own re-election campaign next fall.

In another contrast with Alberta, the federal Liberals and New Democrats have in Justin Trudeau and Thomas Mulcair leaders with distinct but undeniable skills. That will make it hard for one party to crush the other on the way to uniting non-conservative voters against Harper in the fall.

If the recipe sounds familiar, it's a variation on the formula that led to Chretien's three successive majority victories.

If anything, the campaign developments in Alberta make that federal scenario even less likely.

The emergence of the NDP as a serious contender for government in Alberta reinforces Mulcair's hand at a crucial time in the pre-election calendar.

The Liberal strategy for the fall election is in no small part predicated on driving home the argument that only Trudeau has a fighting chance to beat Harper. With polls reporting a softening in Liberal support nationally,

that narrative has taken a hit this spring.

The Alberta developments compound that hit. They go some way to counter the narrative that there is simply not a critical mass of voters outside Quebec willing to consider the NDP as a credible governing option.

There are some Conservative strategists who feel that anything that is good for the NDP — including a strong showing against Jim Prentice's Tories in Alberta — is also good for Harper. But that is true only up to a certain point.

Four years ago, fears of a surging NDP drove a contingent of Liberal sympathizers into the Conservative fold. Those voters contributed to making the difference between a minority and a majority Harper victory.

Since Trudeau became leader, many have returned home. The less they fear an NDP government, the less likely they are to jump ship to the Conservatives again.

Moreover, in at least some regions of the country, the wall that the Conservatives assume insulates their vote from NDP inroads may be less thick than they believe.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER
METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR HALIFAX
Philip Croucher

ADVERTISER INQUIRIES
adinfohalifax@metronews.ca
General phone 902-444-4444

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan



FAMILY HISTORY
**Affleck's
 ancestry
 shame not
 uncommon**

Ben Affleck recently admitted he was embarrassed by his ancestral ties to a slave owner, but the Oscar winner is hardly alone when it comes to having a controversial family history.

Unearthing sordid details about relatives is not uncommon, according to genealogists.

"You might find somebody with a criminal record and things like that, but it's personal because it's family — it's your family," said professional genealogist Ruth Blair of Blair Archival Research based in Oakville, Ont.

"There's just great sensitivity to some of these topics."

Affleck expressed regret in a Facebook post for seeking to have the information about his ancestor omitted from an episode of Finding Your Roots, which featured the actor and aired last October.

Barry Sheldon, vice-president and lead researcher of Genealogists.com, said no one should look poorly upon Affleck because of his ancestral ties, adding that individuals "can't be held guilty by association."

"We all have something," Sheldon said from Berrien Springs, Mich.

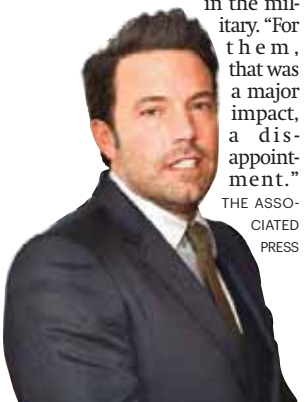
"Slavery was a way of life and it was an unfortunate way of life, at least here in the United States."

In researching his own collateral line, Ontario Genealogical Society president Alan Campbell discovered a man who had enlisted to serve in the First World War but was dishonourably discharged because of frequent drunkenness.

Meanwhile, two of the discharged serviceman's grandchildren went on to serve proudly

in the military. "For them, that was a major impact, a disappointment."

THE ASSOCIATED PRESS



When a library book says your grandfather is a Nazi



Jennifer Teege, author of *My Grandfather Would Have Shot Me*, discovered she was the granddaughter of notorious Nazi commandant Amon Goeth. CONTRIBUTED

GENEALOGY

New book tells of a woman's journey of self discovery

**Emily
 Laurence**
 Metro | New York

Growing up in Germany, Jennifer Teege knew little about her biological family. Her adoption was open, so she knew the names of her mother and father, and was in sporadic contact with her mother and grandmother until she was seven. But she had little information beyond that.

It wasn't until decades later as an adult that she happened to pull a library book off the shelf, with a photo on the cover that looked vaguely familiar. The book's title, translated to English, was: I Have to Love My Father, Right?, and was written by her biological mother.

Upon realizing the book was about her family history, Teege also shockingly discovered that her grandfather was Amon Goeth, the Nazi commandant who was played by Ralph Fiennes in Schindler's List.

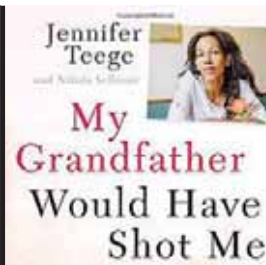
Metro spoke to Teege about her journey of self-discovery and writing her own recently released book, titled *My Grandfather Would Have Shot Me*.

Do you think growing up in an adoptive family made you more curious about your family history than you would have been otherwise?
 I think in general, when you're adopted, there's a piece missing so you always want to find out more. In my case, I was so obviously (adopted) because of the colour of my skin; I looked different from my adoptive family. So there was a part of my identity that I needed to explore.

What was it like finding the book, when you discovered this big family secret?



Amon Goeth, left, and the cover of Teege's book. CONTRIBUTED



It was a twofold shock. First, I had this book in my hand about my mother and I hadn't seen my mother in many, many years. Suddenly this book was telling (a story about) my mother I had no knowledge about. The second shock was actually reading the book and learning about her, my grandmother and my grandfather.

After finding the book, you started researching and even reconnected with your mother. What prompted you to keep digging?

That's my personality. It was impossible for me to stop. I think finding out the truth is something someone should do. If feelings come up, you can't just put them in a closet. It will haunt you or come back to you, like a boomerang.

What was it like reconnecting with your mother?

It took me a year and a half to actually contact my mother because in the very beginning I was angry. Not only did my mother never tell me that this book existed, I wasn't even in it. But over time, I realized my

mother was like this because of her past and upbringing. My mother suffered from the past even more than me because my grandfather was her father. But I think it's important to acknowledge this feeling of anger because if you pretend it's not there, it will always come back.

Have you had any memorable responses to the book?

So many. It was important to me that the book was published in Israel and when that happened, people received me with open arms. I got a chance to meet with survivors (of the Holocaust) and that was a very important step in my journey. Also, the book is widely talked about in Germany, a place where the Holocaust is not widely discussed within the families. But I don't feel the need to connect to other descendants of perpetrators. Dealing with that is very individual. I don't let (my ancestry) define me. I can't deny it, but it's only one part.

The Bay unveils patriotic threads

FASHION

Pan Am, Parapan Am line has classic varsity look

Track star Jessica Zelinka and champion para-swimmer Benoit Huot were among the athletes modelling the new collection unveiled by Hudson's Bay Co. on Wednesday in Toronto, the host city for the Pan Am and Parapan Am Games.

The retailer, promoting the threads in a lookbook featuring swimmer Katerine Savard and Judoka Sergio Pessoa Jr., was inspired by the Canadian flag's 50th anniversary.



The maple leaf symbol was used as a starting point for graphics throughout the line. The 22-piece collection is red and white accented with grey, black and gold.

The line bears similarities to classic varsity sport, while also paying homage to the athletic trend with garments suitable for both physical activity and everyday casual wear.

The Canada wordmark in a rounded font is prominently displayed on T-shirts, as well as vertically on half-zip jack-jackets and pant legs.

Zip-up red jackets and windbreakers feature the Maple Leaf with stripes on the sleeves.

A red-and-white fringed rally scarf includes the words En Garde (on guard) in bold white block lettering.

With the exception of a few items, the clothing the athletes will wear will all be produced in Canada.

The replica garments for consumers, however, will be manufactured offshore.

The clothing, priced from \$30 to \$140, is now available in Hudson's Bay stores and online.

The retailer has also designed two limited-edition collections that will be car-

ried in select stores beginning June 1.

Canada is fielding its largest-ever Pan Am Games team of 700 athletes and has set a goal of finishing second in the medals — behind the U.S. — with 160.

Some 6,600 athletes from 41 countries are scheduled to compete in 36 Pan Am sports — including 28 Olympic sports — plus 15 Parapan Am sports.

Toronto and the surrounding area will play host to the Pan Ams from July 10-26. The Parapan Am Games will follow the Pan Ams, running Aug. 7-15.

THE CANADIAN PRESS



Swimmer Katerine Savard, right, and judoka Sergio Pessoa Jr. model Canada's Pan Am Games uniforms. HUDSON'S BAY/CONTRIBUTED

NEW RESTAURANTS

Canada's dining scene sizzles

French chef titan Joël Robuchon, who boasts bragging rights to holding the most Michelin stars in the world, has become the latest culinary superstar to set his sights on Canada with the opening of a new restaurant in Montreal.

After Paris, London, Hong Kong, Tokyo, Las Vegas and Singapore, Robuchon has announced plans to open his first Canadian outpost of L'Atelier de Joël Robuchon at the Casino de Montreal.

Citing the city's burgeoning culinary landscape, Robuchon said in a statement that he'd been planning the opening for some time. The Montreal restaurant is set to open its doors in spring of 2016.

In recent years, culinary heavyweights have woken up to Canada's dynamic dining scene and increasingly sophisticated palate.

British food TV star Jamie Oli-



A table at France's La Grande maison, a collaboration between

superstar chef Joël Robuchon and wine producer Bernard Magrez. Robuchon, pictured, is opening a restaurant in Montreal. NICOLAS TUCAT/AFP/GETTY IMAGES

Momofuku empire to the city in the same year.

Meanwhile, the arrival of several high-profile, elite chefs in Canada could help bring the country out of culinary anonymity.

The reverential red book, the Michelin guide, sends no inspectors to the country, which is also snubbed by the World's 50 Best Restaurants list, a ranking that aims to capture the zeitgeist of the gastronomic world.

To fill the void, local food experts chimed in to create their own domestic ranking, Canada's 100 Best Restaurants, which was published this spring. Topping the list is Toqué! in Montreal.

AFP

THE ADDAMS FAMILY

A New Musical
Book by Marshall Brickman and Rick Elice
Music and Lyrics by Andrew Lipka
Based on Characters Created by Charles Addams

Neptune THEATRE APR 7 - MAY 24

902 429 7070
neptunetheatre.com

The Berkeley ExxonMobil Imperial PREMIERE

HALIFAX CIBC CAA The Chronicle Herald CTV

Photo by Timothy Richard

We want YOUR opinion!

Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a \$25 gift card.

metronews.ca/panel

metro

TOP SIX @ 6 Weeknights at 6 Hannah counts down the HOTTEST songs of the day

6 Ellie Goulding Love Me Like You Do

5 AronChupa I'm An Albatroz

4 OMI Cheerleader

3 Wiz Khalifa ft Charlie Puth See You Again

2 Rihanna Better Have My Money

1 Maroon 5 Sugar

101.3 THE BOUNCE

1013TheBOUNCE.com | info@1013thebounce.com

NO PRESSURE

Drew not having this baby weight nonsense

Two-time mom and longtime actress Drew Barrymore has had it up to here with the focus on how quickly new Hollywood moms can drop the old baby weight.

"It takes nine months to build, and it is going to take at least nine months to unbuild. It took a year for me to snap



back, and I am not even there yet," she tells Radar Online. "These pressures are just silly and ridiculous. It think it is just crazy to worry about that."

So, you know, stop making everybody look bad, Blake Lively and Zoe Saldana. Sheesh.

NED EHRBAR/METRO

SEQUEL

Bieber hones his Blue Steel for Zoolander 2



Ben Stiller confirmed a big cameo on Instagram. CONTRIBUTED

I was really getting excited about the upcoming Zoolander sequel, but now? I don't know. Ben Stiller confirmed via an Instagram pose-off that Justin Bieber will be making a cameo in the film.

And while no details were provided about his character, I can't help but notice a striking resemblance between

the two. And, you know, Derek Zoolander did have an infant son at the end of the first film — one with some Blue Steel talents of his own. Bieber could totally pass for 15, right? Except that role is already taken by actual teenager Cyrus Arnold. So maybe Papa Zoolander has another, slightly older son he wasn't previously aware of?

NED EHRBAR/METRO



THE 'ULTIMATE ORGANIC ICE CREAM,' TAKING TINSELTOWN TO TASK

Got breast milk? Why yes, this ice cream does

As the world stands by for the birth of Prince George's little sibling, a breastfeeding crusader and an ice cream maker are hoping to titillate taste buds with a new breast milk-flavoured



dessert.

Pitched as the "ultimate organic ice cream," Royal Baby Gaga, produced by London-based ice creamery The Lick, is being relaunched to coincide with the birth.

The ice cream is made with donated breast milk, which producers say is screened in line with hospital standards, and blended with Madagascan vanilla. Campaigner Vic-

toria Hiley, 30, is aiming to promote the health benefits of breast milk and destigmatize the act of breastfeeding in public. AFP

Kristen Stewart slams 'disgustingly sexist' Hollywood

Former Twilight star Kristen Stewart is speaking out about the institutionalized sexism in the entertainment industry, telling Harper's Bazaar U.K.

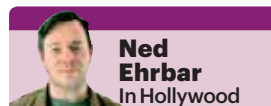
that "women inevitably have to work a little bit harder to be heard. Hollywood is disgustingly sexist. It's crazy. It's so offensive, it's crazy."

And that's not all she has a problem with. Stewart also takes issue with people who see fame as a career goal. "Fame is the worst thing in the world. Especially if it's pointless," she says. "When people say, 'I want to be famous' — why? You don't do anything." NED EHRBAR/METRO

Alba is all business — deal with it

CORPORATE STYLE

Honest Co. actress says she's made people cry



Ned Ehrbar
In Hollywood

You don't build a \$1-billion company without bruising a few egos. When Jessica Alba branched out into the business world with the Honest Company, she admits she may have approached things a bit too aggressively.

"Sometimes, I'm a little more iron fist than velvet

glove. I'm straight to the point. I've made people cry," Alba tells MORE magazine about her leadership style. "I have to say, 'This isn't personal. This is what needs to get done and it's just as simple as that. And ... we're not crying anymore.'"

But no one likes tears in a corporate setting, right? "I'm learning to tone myself down," says Alba, who also admits in the interview that her mother calls her "a workaholic control freak." Careful, mom, or she'll make you cry, too.

Speaking of potentially contentious parent-child relationships, the interviewer quizzes Alba on what effect having two successful careers has on the development of her two children.

"You don't really know how



Jessica Alba is one tough businesswoman. ALL PHOTOS GETTY IMAGES

(your career) is affecting (your kids) until they're adults and they

say, 'You ruined my life, Mom!'" she offers. "Maybe they want me to be a stay-at-home mother who bakes chocolate-chip muffins all day. (But) I'd probably want to start a chocolate-chip muffin company, you know?"

So suck it up and save it for therapy, kids. And no crying!

bug beauty

AND GET REWARDED

20x
faster

20x
THE SHOPPERS
OPTIMUM POINTS®
WHEN YOU SPEND \$75 OR
MORE* ON COSMETICS
OR FRAGRANCES.

Includes All Brands of:

COSMETICS • SELECT SKIN CARE • HOSIERY • FRAGRANCES
JEWELLERY • HAIR COLOUR • BATH FOAM & GEL • NAIL CARE



FREE
feels good™



SHOPPERS
DRUG MART



*Offer valid on the purchase total of eligible cosmetics and fragrance products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes. Excludes bonus points and RBC® Shoppers Optimum® MasterCard® points and points associated with the RBC® Shoppers Optimum Banking Account. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cosmetician for details.

That '70s style: era comes back

DESIGN CENTRE

Karl
Lohnes



Bold wallpaper, brass metallics, psychedelic patterns, shag carpeting, anything handcrafted (think macramé) and tech-inspired plastic furniture inspire a trend 40 years in the making.



1 Overarching Floor Lamp with Brass Finish

The perfect lamp to accompany a groovy sectional sofa. \$329, WestElm.com

2 Lawrence Llewlyn-Bowen's Kinky Vintage Flocked Velvet Wallpaper

Bring your sexy back. \$125/roll, GrahamBrown.com

3 Magical Thing's Macramé Wall Hanging

Hung over a doorway or a window, makes macramé a true '70s legend. \$169, UrbanOutfitters.com

4 Jorg Boner's Oyster Collection

Modu1lar, sleek and very cool. From \$1,550, AvenueRoad.com

5 Scavo Dinnerware

The look of handmade affordable style. From \$4, CrateAndBarrel.com

6 Kartell's Componibili Table

The perfect side table or storage cabinet for the bath. \$216, Elte.com

Kitsch becomes cool

TRENDS

Eye-catching colours and shapes show retro spirit

Between flashy colours, bold shapes and mass-produced materials, the kitsch furniture trend combines a touch of retro style with unbridled exuberance.

Shimmer

For Glas Italia, Spanish designer Patricia Urquiola has created the Shimmer line, which includes coffee tables, shelves and mirrors with an iridescent multi-chromatic finish.

Available in opaque or transparent glass, the pieces change color depending on the viewing angle and surrounding light sources (pricing available on request).

Memphis

Founded in the 1980s by Italian designer Ettore Sottsass, the Memphis Movement emphasized radically colourful and festive designs, representing a radical departure from the



The Colonna and Pilastre stools and Calice vase by Ettore Sottsass, produced by Kartell.

KARTELL

rigorous minimalism of the Bauhaus tradition.

At the Milan Furniture Fair, Kartell paid tribute to Ettore Sottsass through an exhibit and announced it would produce a series of his designs — including stools, a vase and a lamp — all characterized by geometric shapes and flashy colours (pricing available on request).

Glider

For Moroso, Israeli designer

and architect Ron Arad designed the Glider, a rounded sofa made from a single piece of sculpted foam and upholstered in red-to-purple gradient fabric for an out-of-this-world appearance (pricing available on request).

Gemma

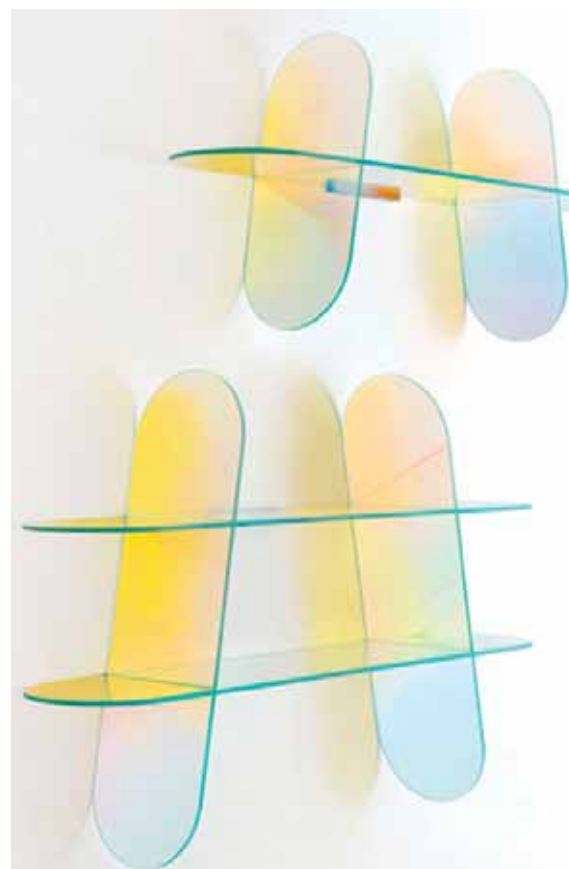
Also for Moroso, Polish-American architect Daniel Libeskind designed the Gemma armchair, a multi-faceted object that calls to mind a gemstone, or the

geometrical shapes seen in the tapestries of the 15th century (pricing available on request).

Mondrian-inspired seating

Dutch designer Marcel Wanders designed an armchair in red, blue, yellow and white foam for the design brand Moooi. With its black outlines, the chair calls to mind the work of the Dutch painter Piet Mondrian (pricing available on request).

AFP



Shelves from the Shimmer collection by Patricia Urquiola for Glas Italia. GLAS ITALIA



Multi-colored semi-custom panels



Wood shutters & iD custom bedding



Light-filtering roller shade

20% off selected window coverings
15% off our new Inspired Drapes line*

Contact your local Style Consultant today at 866-471-7662.

*Offer good on selected Signature Series® soft window treatments and Inspired Drapes® sold exclusively through Budget Blinds®. Drapery hardware and installation not included. At participating franchises only. Valid at time of initial estimate. Not valid with any other offers, discounts or coupons. Some restrictions may apply. Ask for details. Offer available for a limited time only. ©2015 Budget Blinds, Inc. All rights reserved. Each franchise independently owned and operated. Budget Blinds and Inspired Drapes are registered trademarks of Budget Blinds, Inc. and a Home Franchise Concepts brand. Franchise opportunities available.

what's your
style iD?

Introducing
Inspired Drapes®,
a Budget Blinds®
exclusive.

**Budget
Blinds®**

Canada's #1 Choice for Window Coverings

BudgetBlinds.ca

Bolts strike down Wings

NHL PLAYOFFS
Bishop, Tampa blank Detroit to advance to second round

Braydon Coburn broke a scoreless tie early in the third period and Ben Bishop made 31 saves to help the Tampa Bay Lightning beat the Detroit Red Wings 2-0 on Wednesday night in Game 7 of the first-round series.

Ryan Callahan set up Coburn's third goal in 79 career post-season games with a pass through the slot to the top of the right circle, where the Tampa Bay defenceman sent a shot over goalie Petr Mrazek's right shoulder.

GAME 7 In Tampa

2

0

Anton Stralman added an empty-net goal with 1:18 remaining, ensuring the Lightning would win their first Game 7 at home since they beat Calgary in the 2004 Stanley Cup Final.

Tampa Bay, which rallied from a 3-2 series deficit, advanced to the Eastern Conference semi-finals against Montreal. The



Lightning centre Cedric Paquette brings down the Red Wings' Danny DeKeyser during Game 7 of their first-round playoff series on Wednesday night in Tampa. CHRIS O'MEARA/THE ASSOCIATED PRESS

Canadiens host Game 1 on Friday night.

The Red Wings outshot the Lightning 31-17, but Bishop wasn't tested a lot in posting his first career playoff shutout. Coburn was obtained from Philadelphia in a trade March 2 and

had one goal in 43 games for Tampa Bay during the regular season.

Tyler Johnson's third two-goal game of the series helped the Lightning even the series with a 5-2 victory in Detroit on Monday night. With Red Wings defence-

man Niklas Kronwall suspended for Game 7 for a hit on Nikita Kucherov, the Lightning felt good heading back to Amalie Arena, where they posted the NHL's best home record this season.

But after winning the series opener, as well as shutting out

the Lightning in Game 5 on the road, Detroit liked its chances of advancing, too.

The Red Wings outshot the Lightning 14-7 in the first period, but had few real scoring opportunities early against Bishop.

THE ASSOCIATED PRESS

UNIVERSITY SPORTS
AUS, Bell Aliant agree on TV deal



Get ready for more local sports on more screens.

Atlantic University Sport announced Tuesday it has inked a new broadcasting and webcasting deal with Bell Aliant Community One, worth about \$1.7 million over five years.

That means "more live games than ever before," starting with the 2015-16 season, according to an AUS news release, including more than 90 games on television and 700 events via webcast, featuring the entire football season and all championships, available to Bell Aliant subscribers.

Atlantic University Sport first teamed up with Bell Aliant Community One during the 2012-13 season to webcast championships, and in 2013-14 the AUS became the first Canadian Inter-university Sport conference to webcast all of its events "through a single streaming portal," at communityone.bellaliant.ca and austv.ca.

"We are so excited to ... see more of our games than ever before accessible via TV broadcast," AUS executive director Phil Currie said in the release. "Increasing the accessibility of our product across all screens and all platforms is an integral part of enhancing our student-athlete experience."

SOCCER
Impact contained in CONCACAF final

Mexico's Club America beat the Montreal Impact 4-2 to win the CONCACAF Champions League final on Tuesday in Montreal.

The Impact needed a victory or a scoreless draw to win the title after playing to a 1-1 draw with America last week in Mexico City in the first leg of the final.

Montreal was the first-ever Canadian team to make it to the Champions League final.

THE CANADIAN PRESS



Calum Mallace of the Montreal Impact falls over Club America's Pablo Aguilar on Wednesday. THE CANADIAN PRESS

IN BRIEF

Ovechkin, Price, Tavares named Hart finalists

Washington forward Alex Ovechkin, Montreal goalie Carey Price and New York Islanders forward John Tavares are the finalists for the Hart Memorial Trophy as the NHL's player most valuable player.

Members of the Professional Hockey Writers' Association submitted ballots at the end of the regular season. The winner will be announced June 24 during the league's awards ceremony.

THE ASSOCIATED PRESS

Ramirez powers Red Sox to series win over Jays

Hanley Ramirez hit a two-run homer, Rick Porcello held Toronto to one run over seven innings and the Boston Red Sox beat the Blue Jays 4-1 on Wednesday night.

David Ortiz and Mookie Betts had RBI singles for the Red Sox, who took the three-game series after losing their previous two.

Koji Uehara struck out all three batters in the ninth for his fourth save.

THE ASSOCIATED PRESS

NBA PLAYOFFS

Hawks down Nets for 3-2 series lead

Al Horford and Jeff Teague scored 20 points apiece, helping the top-seeded Atlanta Hawks hold off the Brooklyn Nets 107-97 Wednesday night in an NBA playoff series that's closer than anyone envisioned.

Atlanta leads 3-2 in the best-of-seven series, which heads back to Brooklyn for Game 6 Friday night. The Hawks can wrap it up, but the eighth-seeded Nets seem intent on taking this series to the limit.

THE ASSOCIATED PRESS

The Hawks' Al Horford, left, defends against the Nets' Brook Lopez on Wednesday night.

THE ASSOCIATED PRESS

O's dominate Sox in 'surreal' contest

MLB

Game played behind closed doors due to Baltimore riots

The cheers from the small group of Orioles fans gathered outside the locked gates beyond centre field echoed throughout an empty Camden Yards every time the

home team scored a run. There was no roar of the crowd inside the ballpark on this surreal day.

In what was believed to be the first major league game played without fans in attendance, Chris Davis hit a three-run homer in a six-run first inning Wednesday and the Baltimore Orioles beat the Chicago White Sox 8-2.

"It was kind of like instructional league, Gulf Coast League, Arizona League," Orioles manager Buck Showalter said of the lack of

fans. The game was closed to fans out of concern for their safety after recent rioting in Baltimore after Freddie Gray, a 25-year-old black man, died in police custody. The unusual decision to play the game was made because it was the best time to fill out the schedule for both teams.

In a crisp two hours, three minutes, Baltimore won its third straight since snapping a five-game losing streak. "It was just a surreal environment," White

Sox manager Robin Ventura said. "I really don't think we want to play in another one like this. I don't think they do either."

Ubaldo Jimenez (2-1) continued his rebound from last season's struggles, allowing two runs — one earned — on three hits with six strikeouts and just one walk over seven innings. Manny Machado hit his fourth home run among his three hits and Caleb Joseph had a pair of RBIs. THE ASSOCIATED PRESS



An empty Camden Yards was the venue for the first ever MLB game held behind closed doors. PATRICK SMITH/GETTY IMAGES

BOXING

Cash front and centre in 'Money' vs Pacquiao

His middle name is Money, or at least it used to be before Floyd Mayweather Jr. stopped flashing \$100,000 wads of cash every time he saw a camera.

That doesn't mean money is ever very far from his mind. Certainly not now, when he's the richest man in the richest fight ever. Mayweather has spent as much time this week talking about the mansion in Las Vegas, the home in Miami and the private jet that seats 14 than he has about Manny Pacquiao.

He even figured out the math when it comes to dividing it up among his kids. "Let's say I make \$200 million," Mayweather said. "That means my kids for this fight will get \$50 million apiece."

Indeed, Mayweather proved a smart businessman in signing for a fight that will likely earn him \$180 million or more. But the smartest thing he may have

done was delay Saturday's fight five years so it would be must-see TV, even at a record price of \$99.95. "Five years ago this was a \$50 million fight for me," Mayweather said, "and a \$20 million fight for him."

The frenzy for the boxing's biggest event of the century continued to build Wednesday, even if the two fighters themselves were subdued. They appeared at a final prefight news conference with nothing bad to say about each other, and couldn't even bring themselves to scowl.

If the past five years were personal, with the two camps trading barbs, the fight itself is not. Pacquiao will be fighting for his legacy and a country desperate for him to win, while Mayweather will be fighting to add to his already substantial bank accounts.

THE ASSOCIATED PRESS



Floyd Mayweather, left, and Manny Pacquiao were all smiles at the final prefight news conference. JOHN LOCHER/THE ASSOCIATED PRESS

IN BRIEF

UFC champ Jones banned after hit-and-run arrest

Jon Jones has been stripped of his UFC light heavyweight title and suspended indefinitely following his arrest in New Mexico on a hit-and-run that police say left a pregnant woman with a broken arm.

The UFC announced the penalties Tuesday night for violations of its athlete code of conduct policy.

Jones was scheduled to face No. 1 contender An-

thony Johnson at UFC 187 in Las Vegas on May 23. Instead, No. 3 contender Daniel Cormier will face Johnson for the title. Earlier Tuesday in Albuquerque, Jones made his first court appearance.

Jones appeared with his lawyer and left without speaking to reporters. He's facing a felony charge of leaving the scene of an accident involving death or personal injuries.

THE ASSOCIATED PRESS



JOIN THE PHL GOALIE SQUAD AT CANADA'S ULTIMATE GOALIE STORE UNTIL MAY 10 FOR THE LATEST EQUIPMENT, SPECIAL OFFERS AND MORE!



Ask our Experts about CUSTOMIZED EQUIPMENT!



Illustrated items may not be available at all locations.

SELECTION. SERVICE. ADVICE.
CANADA'S ULTIMATE HOCKEY MEGASTORE.

FOR STORE LOCATIONS & HOURS VISIT PROHOCKEYLIFE.COM



FOR STORE LOCATIONS AND HOURS
VISIT PROHOCKEYLIFE.COM



200 Hector Gate | Dartmouth Crossing | prohockeylife.com

This 31 day event started Friday, April 10, 2015. Prices in this advertisement are in effect Thursday, April 30, 2015 to Sunday, May 10, 2015. Prices on some items may extend beyond this point. If any advertising error or omission is discovered, Pro Hockey Life will make the appropriate corrections and notify our customers as soon as possible. Quantities may be limited. Selection (styles, sizes, colours, models) may vary by store. We reserve the right to limit quantities. *Registered trademark of FGL Sports Ltd. All other trademarks are the property of their respective owner(s).

FINAL 11 DAYS TO SAVE!



TAKE
25%
OFF OUR TICKET PRICE WITH THE PURCHASE OF
3 OR MORE PIECES OF
GOAL EQUIPMENT

Including: Pads, Catchers, Blockers, Chest/Arm Pads, Pants, Masks & Goal Skates.

Excluding items already marked down & Goal Equipment that is subject to manufacturer's restriction.

GOAL STICKS
BUY ONE GET ONE
50% OFF

Second stick must be of equal or lesser value.

RECIPE Chicken and Cheese Tortellini with Pesto



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman



This is a delicious and tasty meal for the entire family. Tortellini is a favourite for even the pickiest of children. The chicken gives them the protein they need, and most kids like pesto especially if you add extra Parmesan cheese.

Ready in

Prep time: 5 minutes
Cook time: 15 minutes
Serving size: 4

Ingredients

- 4 oz boneless chicken breast (about 1 breast)
- 12 oz tortellini
- 1/3 cup pesto
- 2 Tbsp grated Parmesan cheese

Directions

1. In a small, nonstick skillet lightly coated with cooking spray, add the chicken and sauté for 4 minutes per side or just until no longer pink. Let cool, then dice.

2. Meanwhile, boil the tortellini for 8 minutes or until just tender. Drain and place in a serving bowl. Add the chicken, pesto and Parmesan cheese and toss well.

Nutrition information per serving

- Calories 354
- Protein 20 g
- Carbohydrates 41 g
- Fibre 1.8 g
- Total fat 12 g
- Saturated fat 4.9 g
- Cholesterol 56 mg
- Sodium 548 mg

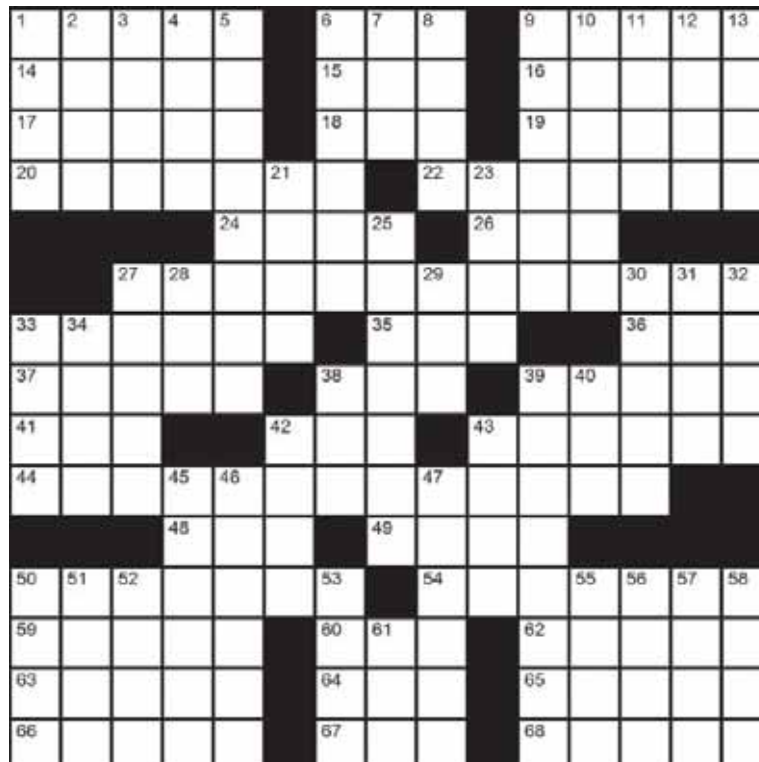
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Mont __ (Highest Alps peak)
- More, in Madrid
- Nimble
- Juliet's beloved
- English cathedral city
- Olympic legend Ms. Comaneci
- Forest floor finding
- CNN's sister station
- Wedding wear
- Wedding gown fabric
- John __, portrayer of #59-Across' love interest
- Stops
- Ess follower
- Author of new handbook The Wedding Expert: 400 Things You Need to Know to Plan Your Big Day: 2 wds. (More at #66-Across!)
- Inclines
- Rug kind
- Expend
- Also: French
- Nightfall
- Outspoken
- Ms. DiFranco
- Poet's 'previously'
- Support
- Stag: 2 wds.
- Ocean, e.g.
- __ sign (Real estate posting)
- Has ambitions
- "The Wedding



- __" (2001) starring Jennifer Lopez
59. As per #39-Down... Nia's character
60. Coffee alternative
62. Depart
63. Well-__ machine
64. Listener

65. Hall & __
66. Today's __ (Canadian magazine for which #27-Across is the Editor-in-Chief)
67. "Tsk!"
68. Like the empty wallet's money

DOWN

1. Bric-a-__
2. Scottish lake
3. Quant __ (For my part, in French)
4. Hasbro toy brand
5. Tossed fun celebrating the newlyweds
6. Henna-on-hands artwork

7. Entirely
8. Spike show, "Lip __ Battle"
9. Ms. Martin, portrayer of #59-Across' aunt
10. Attired
11. Idea: French
12. Wedding guests compilation
13. The __ Coast

21. Belonging to Toronto's li'l province
23. Other: Spanish
25. Some catering staff
27. General
28. Nav. designation
29. TTFN
30. Fortunate
31. Biblical twin
32. Puppy's protest!
33. Fashion designer Elie
34. Moon goddess
38. 'Ranch' suffix
39. Nia __, Canadian writer/star of "My Big Fat Greek Wedding" (2002)
40. Libran's mo.
42. Montreal pronoun
43. Grand event
45. Heralded
46. __ (Online brokerage company)
47. Andy Warhol's realm: 2 wds.
50. Getting from __ (First step's progress)
51. Evening: French
52. Dog with a cord-like coat
53. Proofreading term
55. Tide type
56. Decorator Mr. Berkus
57. __-steven
58. Inactivity
61. Water: French

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

A problem will most likely resolve itself if you stop worrying about it so much. Mercury's imminent change of sign will help you to focus your thoughts on more constructive issues.

♉ Taurus April 21 - May 21

You have come a long way in a short space of time and will go even further over the next few weeks. But first make sure you are still on the right track. Don't lose sight of your long-term goals.

♊ Gemini May 22 - June 21

Your ruler Mercury moves into your sign tomorrow and within a matter of hours you will feel the difference in a number of ways. Put the past behind you once and for all and focus only on the bright days to come, of which there will be many.

♋ Cancer June 22 - July 23

No matter what happens today you must remember at all times and in all situations that you are not a victim. You alone have the power to change things for the better. Be positive at every turn.

♌ Leo July 24 - Aug. 23

For too long now you have been worrying about your career, your reputation and your place in the world and neglecting the things that bring you happiness, such as friends and family and travel. It's time to restore a more sensible balance.

♍ Virgo Aug. 24 - Sept. 23

Career matters will take a turn for the better over the next few days but to make the most of events you will need a positive attitude. Get rid of those feelings of inferiority.

♎ Libra Sept. 24 - Oct. 23

Despite what some people might believe you rarely think only of yourself and you will get the chance to prove it over the next two or three days. You are at your best when fighting on the side of truth and justice. But always fight fair.

♏ Scorpio Oct. 24 - Nov. 22

You may resent having to pay for something that you feel is yours by right but don't make an issue of it. If you manage to change things you may find others deny you in other ways out of spite.

♐ Sagittarius Nov. 23 - Dec. 21

A dispute of some kind will come to the boil over the next few days but in a way that's good because all these negative feelings are not doing you any favours. Once the air has cleared you can move on again.

♑ Capricorn Dec. 22 - Jan. 20

It is one thing to dream but quite another to turn dreams into reality. Start thinking now about how you can take practical steps to make your current dream come true.

♒ Aquarius Jan. 21 - Feb. 19

It does not matter how many things have gone wrong in the past, the things that really matter will start to go right as from tomorrow when mind planet Mercury moves in your favour. Believe that life is worth living – and it will be.

♓ Pisces Feb. 20 - March 20

If you have something important to say you are advised to keep it short and sweet. The people you have to deal with, especially at work, will lose interest quickly if you spin things out too long.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



How's the news today?

Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a \$25 gift card.

metronews.ca/panel

metro

ONLY AT O'REGAN'S DARTMOUTH HYUNDAI

DEALER INVOICE
PRICING

THE BIG 3 event

TOP 3 REASONS TO BUY WITH O'REGAN'S HYUNDAI

- INVOICE PRICING
- 0% APR FOR 84 MONTHS*
- EVERY TUCSON/ELANTRA PURCHASED COMES WITH A FREE TRIP TO VEGAS, FLORIDA OR CRUISE.

OVER **300** AVAILABLE

FREE



TRIP FOR TWO
WITH PURCHASE



2015 ELANTRA SE

NOW: \$16,837

OR
\$44 WEEKLY \$0 DOWN

FREE



TRIP FOR TWO
WITH PURCHASE



2015 TUCSON GL

NOW: \$21,526

OR
\$56 WEEKLY \$0 DOWN

BUY ANY CAR &
YOU COULD WIN
\$100,000

*Offer is subject to change without notice. See O'Regans Dartmouth Hyundai for more info. On select models. Dealer is reimbursed a holdback amount included in invoice price by the manufacturer for each vehicle sold.

5 YEAR
WARRANTY

5-year/100,000 km Comprehensive Limited Warranty**
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

CANADA'S
BEST
MANAGED
COMPANIES
Platinum member

O'REGAN'S
DRIVING HIGHER STANDARDS

109
YEARS AND COUNTING

DARTMOUTH
HYUNDAI

60 BAKER DRIVE, UNIT - D
902-465-7500
oreganshyundaiddartmouth.com